

A Psychiatrist's Spiritual Journey

**The journey of 50 years:
From Islam to Atheism to
Christianity to the New
Spirituality**

Dr Omar Murad

Dr Omar Murad: “Notes from my Spiritual Journey”

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My spiritual journey of 50 years started from Islam to Atheism to Christianity to the New Spirituality. This is my spiritual journey.

In this book I am sharing you what I have learned so far from my spiritual journey. Here, you will find lessons I learned, and unique books, materials and resources that transformed me completely. In addition to this, I have dedicated my Facebook page: Omar Murad to my this wonderful spiritual journey; thus, always watch for updates.

Please, read it, and if you find it useful, please, share it.

Introduction:

My spiritual journey is a journey of 50 years:

- From ignorance & darkness to awareness & light.
- From pain & suffering to pleasure, joy & happiness.
- From unconsciousness to consciousness.
- From “competitiveness, possessiveness, divisions, barriers, exclusion of others, hatred, violence & aggression, and wars” to “sharing, peace, love, mercy, charity, respect & tolerance for everyone and everything in the Cosmos”.
- From old cultural story (religions) to new cultural story (new spirituality movement).
- From past to present.
- From everything based on Fear to everything based on Love.
- From being judgmental to being non-judgmental.
- From negativity to positivity.
- From deprivation, oppression and suppression to total freedom enjoying life to its fullness.

This is my spiritual journey. Here you will read what I have learned, stage by stage and day by day, in my spiritual journey. I am enjoying a wonderful spiritual journey. I must mention that what put me on this beautiful joyful spiritual journey was reading books of the most wonderful spiritual teacher Eckhart Tolle especially his 2 books (the power of now & a new earth). I firmly believe that these 2 transforming life-changing books can set absolutely anyone on such a beautiful spiritual journey. That is why, now, I just keep distributing these books for free to colleagues at work and friends and anyone I might come across.

Enjoy reading the notes of my spiritual journey.

Some of the books that transformed me and changed whole my life & vision are:

- Eckhart Tolle books [The Power of Now, Practicing the Power of Now, A New Earth, Stillness Speaks, Guardians of Being]. These are really extra-ordinary life-changing transforming books that can set anyone on that wonderful holistic joyful happy life-long journey. “The Power of Now” is now available as full audiobook for free on YouTube.
- Dr Wayne Dyer’s books and his free audios on YouTube and his extra-ordinary film which is free on YouTube under the title [The Shift]. Wow, please, watch this extra-ordinary film which is free on YouTube. Let this be the first thing you do after receiving this leaflet. Wow this film summarizes thousands of books. Here is the link: <https://www.youtube.com/watch?v=yfT8Ts6wPFs> or just search on YouTube using the the words [The Shift film by Wayne Dyer].

- [Homeless to Harvard] a very inspiring film which is free on YouTube. Wow how inspiring is this film which is free on YouTube. Let this be the second thing to do after receiving this leaflet – the first thing to do is watching THE SHIFT film by Dr Wayne Dyer. Here is the link: <https://www.youtube.com/watch?v=pGe3u5rLGQc&t=276s> or just search on you tube using the words [Homeless to Harvard].
- An animation 2 minutes film under the title [Starfish Story] free to watch on YouTube. Very inspiring and insightful 2 minutes story that summarizes thousands of books. You must see this and act accordingly throughout you life. Here is the link: https://www.youtube.com/watch?v=L8_cOGuOIIA or just search on YouTube using the word [Starfish story].
- You must watch this super–inspirational free YouTube video “Carve Your Destiny” by Anubhav Srivastava and here is the link: <https://www.youtube.com/watch?v=PgVrCtOhqjo>
- [Ram Dass Here and Now] – so far over 125 episodes “free on YouTube and on www.ramdass.org” Wow, wow, wow, OMG what a transforming, life–changing, and enlightening is this journey of this extra–ordinary Harvard Psychology Professor. After listening to even some of these episodes on YouTube I am absolutely changed 100%, I am absolutely transformed 100%. Wow, there is nothing like this, wow, wow, there is nothing like

this, please, listen till the end, OMG. Here is the link:
<https://www.youtube.com/watch?v=W9l4SVWpfdM>

- [Dying to be Me] by Anita Moorjani. Wow what an extraordinary unique book about Anita's journey from Cancer, to Near Death Experience, to True Healing. If there is only one single book that you must read throughout your life it must be this book. If there is only one single book that deserves to exist in the whole the world throughout human history till now it must be this book. This is indeed life-changing transforming book. This is enough to be said. Wow this is a must read book.
- Neale Donald Walsch books especially [Conversation with God – book 1, book 2, book 3 & book 4, The New Revelations, Conversation with Humanity – part 1, part 2, Friendship with God, Communion with God, Conversations with God for Teens, Conversations with God for Parents, Tomorrow's God, What God Said, God's Message to the World, Home with God, What God Wants, Holistic Living, Bringers of the Light, Re-Creating Your Self, etc.] Wow what life-changing transforming books these are. They really introduce you to completely new ways of thinking, completely new thoughts. These books are full of wisdom and knowledge and creative new thoughts about every aspect of life including philosophy. These are absolutely unique and transforming books. After reading these books, I am 100% different, 100% more wise, 100% more mature, 100% more creative, 100% new, 100% more free in every aspect of life. Please, note: these books are about the New Spirituality. These are of

the main books of the New Spirituality Movement, the New Thought.

- Rhonda Byrne books especially [The Secret]. Wow what a transforming book is this. Really written in wonderful simple easy to read way. Made huge changes in me; 100% transforming book.
- [How to Stop Worrying and Start Living] and [How to Win Friends and Influence People] by Dale Carnegie. Although these books written many decades ago, they are still the best books ever written. Truly life-changing, transforming and enlightening books for every generation for ever. These books are worth many thousands of extra-ordinary life-changing, transforming, enlightening books. These books are indeed unique. These books are available as free full audiobooks on YouTube but, please, also get them as paper-books.
- [The Untethered Soul] and [The Surrender Experiment] by Michael A Singer. Wow these are absolutely extra-ordinary life-changing transforming books. I suggest you read these 2 books immediately after reading Eckhart Tolle books.
- [The Dark Side of the Light Chasers] by Debbie Ford. Wow what a transforming life-changing book is this. No matter whom you are and how much you are educated and enlightened, if you have not read this book, there is definitely something very serious is missing from you. Get this book quickly and read it again and again. To stop

judging yourself and others, read this book. This is enough to be said.

- Ken Keyes, Jr. books especially [Handbook to Higher Consciousness, Taming Your Mind, etc.] Wow really extra-ordinarily unique books; extremely transformative and informative. To me, Ken is the father of all the modern contemporary spiritual teachers.
- [Tuesdays with Morrie: An Old Mn, a Young Man, and Life's Greatest Lesson] by Mitch Albom. This is indeed an extra-ordinary life-changing really transforming book that contains so much wisdom from a professor in sociology who had terminal illness and before he died he taught all that wisdom to his student the author of this book. That extra-ordinary conversation became this book. There is also a free film on YouTube.
- Steve Taylor books especially [The Fall]. Wow here you will know the history of humanity, the origin of human philosophy including the creation of religions and the rise of ego.
- Hermann Hesse book [Siddhartha]. Wow absolutely extra-ordinary short story. I was in trance like status for almost 2 weeks after reading it and I was never the same again. There is also full audiobook on YouTube but I found reading the book first is more effective.
- [An Angel Whispered] by Patricia Tashiro [ISBN 978-1-84694-428-4]. Wow what a nice book especially

for beginners in their spiritual journey. It summarizes a lot of knowledge and wisdom.

- Deepak Chopra books. All available as free audiobooks on YouTube. Wow full of knowledge and wisdom. I started my spiritual journey with these free YouTube audiobooks. I now need to re-listen to them again. Dr Chopra is indeed extra-ordinary.
- Marianne Williamson's books and YouTube lectures, talks and interviews. Wow what a transforming life-changing modern contemporary spiritual teacher Marianne is.
- Gabrielle Bernstein books. Wow absolutely fantastic and inspirational books and the author has a great story (she is survival of drug addiction).
- [Super Soul Sunday] on Facebook page of: Oprah Winfrey. This is a wonderful interview program every Sunday with top and extra-ordinary individuals in the world.
- Many other authors and books. Free audiobooks, videos and talks of all above authors on YouTube and Facebook.
- My own book [A Psychiatrist's Spiritual Journey] which can be downloaded for free from my Facebook page: <https://www.facebook.com/groups/1264295930342242/>

Eckhart Tolle once and forever transformed me by his unique books: A New Earth, The Power of Now, Practicing the Power of Now, Stillness Speak, and Guardians of Being.

From now on, I do not need any other books at all. I do not need anyone else. I am done. Thanks Eckhart Tolle, your books are with me everywhere I go and I do not need anything else. Thanks Eckhart Tolle. Thanks.

My lifelong job is to read, reread and reread above books and spread them and recommend them to others.

Please, Eckhart Tolle translate your books to every language; people desperately need your books to enlighten and for the world to become a better place for everyone and for people to become better quality human beings.

As an intellectual person, for whole my life (i.e. for 49 years) I have been searching for a book or books that can sort me out, calm me down, relax me, guide me, sort out my restless mind, order and organise my hectic life, help me deal with my complex life, fulfil my huge hunger for knowledge and wisdom, take me out of my narrow mindedness of being either a fanatic to a religion or an extreme atheist that we are only material physical things. I never found such a convincing book or books although my

home became full of bookshelves. Even I developed a dream that I myself shall read and gain knowledge and wisdom to eventually understand the human being and then write and publish that kind of book or books. This became not only a dream but also a burden until someone introduced me to Eckhart Tolle books.

Once I read Eckhart Tolle's books, everything absolutely peacefully spontaneously fall in place and I am completely sorted out mentally, psychologically, emotionally, physically and spiritually. What a big relief, I realised that I do not need to write such a book or books because many years ago Eckhart Tolle has brilliantly done the job (the dream of millions of people like me). Not only I am completely sorted but also I have no worries and no burdens anymore.

Eternal thanks to you Eckhart Tolle.

I now know what to do: just to keep reading your books Eckhart Tolle, putting them into practice, and keep recommending them to others. I tell at least one person everyday about your books. I regularly buy a dozen copy of your books (each time every month) and distribute them for free to friends and colleagues at work telling them how transforming and life-changing these books are. Last year, I created 20000 copy of a leaflet advertising your books and distributed them home to home like a postman. Eckhart Tolle is real cure for the madness of humanity.

Personally, at the present time, I cannot read any other books apart from Eckhart Tolle books and I am not sad about this as I do not need thousands of books anymore. I also feel all other books are just silly when I see them beside Eckhart Tolle books.

Wow, I am sorted, I am now so content, so happy, so fulfilled, so satisfied, and so calm mentally, psychologically, emotionally, physically and spiritually after reading your books Eckhart Tolle. Many thanks dear Eckhart. Thanks a lot.

Throughout my life, I had a feeling that “my salvation” and “the restfulness of my mind” will eventually be achieved through continuous education and reading various books of knowledge and wisdom.

Thus, for 49 years, I have never stopped the self-education and I have never stopped reading various books of knowledge and wisdom in addition to being a medical doctor who studied details of human body and mind and worked in various fields of medicine and for the last 10 years as a psychiatrist, nothing helped me (nothing helped me) until I read the 2 books by the spiritual teacher Eckhart Tolle: A New Earth & The Power of Now.

After reading Eckhart Tolle's books, everything within me fall in place, I achieved my dream of salvation and my mind totally rested. I am now not reading anything apart from Eckhart Tolle books and I do not want anything else and I do not need anything else. I am totally cured and I am totally satisfied with Eckhart Tolle's books; I do not need and I do not want anything else. To me, everything else is just waste of time and energy.

What is more, Eckhart Tolle has become my role model and I am finally happy to define myself just as a “spiritual human being” and nothing else.

But for us to really calm down mentally, psychologically, emotionally, physically and spiritually, we really need to share the gift of awareness that we are given through Eckhart Tolle books with others, i.e., to spread the word. It is so sad that I live in the UK since 1996 and only one year ago I discovered Eckhart Tolle books. What about people in the developing countries, the 3rd world countries, and what about those who cannot read in English. We all need to do more. Now, personally, I recommend Eckhart Tolle books to one person at least everyday – be a person sitting next to me in the bus when I go to work. We need to make much more noise about the gift that the universal intelligence given us through Eckhart Tolle. I regularly buy a dozen copy of your books (each time every month) and distribute them for free to friends and colleagues at work telling them how transforming and life-changing these books are. Last year, I created 20000 copy of a leaflet

advertising your books and distributed them home to home like a postman.

Now, we have enough quality knowledge & wisdom from the universal intelligence through Eckhart Tolle books. Now, all what we need to do is to spread that enough quality knowledge & wisdom to everyone else on the surface of this planet and put it into practice at every level (at individual level, at family level, at local community level, at national level and at international level). Please, enough over-thinking. Please, enough selfishness. Please, enough laziness. At every moment, there are many people enduring suffering because they do not know this quality knowledge & wisdom – this gift from the universal intelligence. Please, let us spread this quality knowledge & wisdom.

This is enough to be said and to fully understand this idea, please, see this few minutes long video from YouTube:

<https://www.youtube.com/watch?v=akoxhUTPlnE>

Spirituality VS Religion

Throughout our lives, we were taught “religion” (not “spirituality”) and the difference between “religion” and “spirituality” is huge.

We were taught that: “this is your particular religion or particular sect of the religion as the absolute truth and all other sects, all other religions and all other philosophies are wrong, false and devious”.

We were taught this is “us” and that is “them” – our opponents and our enemies, and we shall never love them, never trust them, and may be even it is holy to declare “holy war” on them, convert them by force, kill their men, enslave their women and children, and takeover all their possessions and belongings, etc. The past history and the current time is full of this.

We were taught “hatred, violence & aggression” even towards a different sect of the same religion let alone towards other religions and other philosophies. That was what we were taught throughout our lives.

We were never taught true “spirituality” that is: “Peace, Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Universe regardless of any differences” and “everyone and everything in the Cosmos is sacred, is divine”.

When we discovered that religions are all merely by-products of human minds, we rejected everything (even spirituality), we rejected absolutely everything including spirituality and we did not know the difference between “peaceful spirituality” and “violent religion”.

We were taught to be extreme fanatics to customs, rules and regulations of a particular sect or religion that were made thousands of years ago by humans like us. And we were taught to fight for them, kill for them, persecute for them, etc.

We were never taught to be open minded, learn to understand ourselves, mature our understanding of ourselves with further evidences and knowledge that appeared over centuries. We were never allowed to use our “common sense”.

Consequently, when we discovered that religions are false and made by humans like us thousands of years ago, we rejected absolutely everything including spirituality (spirituality which is the truth about ourselves as human beings and the universe).

Now, we need to learn spirituality and be spiritual human beings (not religious humans obsessed with hatred, divisions, conflicts, violence & aggression).

Eternal thanks to Eckhart Tolle books that simply and brilliantly taught me spirituality. Thanks Eckhart Tolle. Finally, I now know how to become spiritual (not religious) and finally I now know the difference between spirituality and religion.

Thanks Eckhart Tolle for your books and for the way you are. You are now my role model. Also, thanks to all people like Eckhart Tolle teaching others spirituality (not religion).

What Eckhart Tolle Teaches?

Here is what I have learned from the spiritual teacher Eckhart Tolle after reading his 2 really transforming books: A NEW EARTH and THE POWER OF NOW

The human being is composed of ego (body + mind) and spirit (this is part of the universal intelligence, part of the superpower in the universe, or simply part of what many people call “God” – but not separate part from God; part of the self of God).

The ego part (i.e. body + mind) are mortal, temporary; they are physical & mental [the outer part].

The spirit part is immortal, permanent [the inner part].

The problem of the human is that she/he is totally dominated by the mortal temporary ego part (body + mind) and unaware of her/his immortal permanent spirit part.

The most important step for any human being is to realise that she/he is not only ego (body + mind) but also spirit. Then, for the human being not to allow the ego (body + mind) dominate and suppress the spirit.

How can I become a spiritual individual?

What are features of really spiritual individuals?

1– Stop identifying yourself with your ego (body + mind) – they are mortal/temporary and do not allow them to dominate you; they are the source of all your problems and problems of the world.

2– Live at Present time (here and now) – not Past time or Future time [enjoy and live at present; do not be sad about the past and do not worry about the future; God is in control of everything and everyone, universal intelligence is in control].

3– Acceptance of what is there at present.

4– Being non-judgmental.

5– Do not criticise others, do not accuse others, do not blame others, do not judge others, and so on (do not declare war on darkness – only spread the light).

6– Be peaceful, non-reactive, non-resistive, non-defensive, calm, understanding, wise and aware, non-violent, non-aggressive, and surrender to the present.

7– No negativity towards anyone or anything.

8– Let go; forgive – (non–forgiveness is only pain & suffering).

9– Do not be too attached to anyone or anything except your inner part – your spirit.

10– Give your total peace (inner peace and outer peace); turn the other cheek to anyone harms you.

11– People are absolutely equal in value although they might be different in everything such as abilities, qualities and professions. They are all One Spirit.

12– Always be in touch with your inner part, i.e. your spirit. This is only permanent/immortal part of you. It is God, the universal intelligence.

My notes that inspired from Eckhart Tolle teachings:

We humans are not only mad towards each other throughout history till now but also we are mad towards other species and the nature & the environment in general.

This explosion in number of humans on Earth has worsened the madness further. We need to feed all by every possible means, with everything possible. We are also mad with the nature and the environment.

We humans need radical changes in the way we think, feel and behave with the nature and the environment especially with other species like animals and plants.

We humans need to create peace with each other, peace with other species and peace with the nature and the environment.

We need to add the spiritual dimension to our understanding and to our life as we are spiritual Beings by nature. But unfortunately our minds (our egos) are destroying us and are destroying everything around us. We need to stop.

We all are body, mind and spirit.

Our body and mind differ and they are temporary and mortal.

But our spirit is One permanent and immortal. We share this spirit with everyone and everything in the Cosmos. Many people call this spirit by name of God.

We all are in essence spirit, that is what truly we all are. We all are the One, that is the eternal timeless Spirit.

Spirit is both the manifested and the un-manifested, both forms and the formless.

Our true nature is spirit manifested through different life-forms, all life forms (physical forms and mental forms = bodies and minds).

Essentially we all are the One, the Spirit, God; that is truly who we are.

Life forms, i.e., our bodies and minds are just different forms and different manifestation.

Therefore, if you really love yourself, if you really love what you call God, then you must love everyone and everything manifested in different life forms in whole the Cosmos and in All That Is.

We all are One. See yourself in everyone and everything. They are you.

This is what spirituality teaches us and this is what true spiritual teachers teaches their followers. This is very different from what some religions teach.

On the ground of the real life: we get what we give and we give what what we get.

We must therefore be peaceful forgiving loving human beings so that we stop those vicious circles of violence & aggression; otherwise, cycles of offence and revenge will continue for ever.

We need to blame no body for those cycles of offence and revenge but only to blame (our low level of mental health and our low level of consciousness).

Do not fight darkness. Just spread light. Try not to criticise others and not to judge others. Only try to spread the wisdom, the light, the healthy principles and healthy values and healthy rules & regulations in the world. Only try to clean hearts and minds of yourself and of others.

Some normal, natural & healthy principles in life:

1 – My only principle in life is: “Peace, (unconditional) Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Cosmos regardless of any differences,” and “everyone and everything in the Cosmos is sacred, is divine.”

2 – Not to judge others, not to condemn others, as Jesus said: “Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the specks of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, “Let me take the speck out of your eye” when all the time there is a plank in your own eye?” (Matthew 7:1–4). Jesus kept repeating: “Judge not, and neither condemn.”

3 – Love your enemy and educate your enemy. Jesus said: “If a man slap you on the right cheek, turn and offer your left,” “Bless, bless, bless your enemies,” “Love your enemies, and bless those who persecute you. Be a light unto the darkness, and curse it not.”

4 – Help as much as possible and be harmless to everyone & everything everywhere at every time.

5 – Forgive & try to forget & move on and get on with your life. Let go.

6 – "Win – Win" (not "Win –Lose"). It is much better that there are no losers and everyone win.

7 – Stop the "fighting" mentality!

8 – Water – Logic is every peaceful mean to achieve goals and dreams (i.e. no violence & no aggression). Water – Logic is the normal, the natural, the healthy, the positive and the constructive way of life.

9 – Respecting beauty! One extra-ordinary source of happiness & joy is: beauty; beauty of everyone & everything. Respecting & appreciating beauty, therefore, is much better than fighting it & forbidding it. Learning & training ourselves on how to respect & appreciate beauty is much better than fighting it and forbidding it. There is no problem with beauty itself. The problem is in our attitude towards beauty.

10 – We can only be civilised if we put children & women first and make them the centre of attention and give them their full human rights and freedom.

11 – It is okay to have money but it is not okay to misuse it. When you have enough, think about others. Give and share after you just have enough. This will make you happier.

12 – A time for everything, a season for everything; a time to think, a time to work, a time to read, a time to rest, a time to play, a time to cry, a time to laugh, a time to be serious, a time not to be serious, a time to be alone, a time

to socialise, a time for everything, a time for nothing, a time to do everything else, and a time to do nothing.

13 – “Do unto others as you would have it done unto you.”

14 – Get the priorities right, and they are:

1st priority: Stop destruction. Stop violence & stop aggression.

2nd priority: Eradication of ignorance.

3rd priority: Health + Moderation in everything.

4th priority: Women's Rights & women's role in every aspect of life.

5th priority: Good quality life for everyone, everywhere at every time.

15 – “Seek and you shall find. Knock and it shall be opened unto you.”

16 – “Speak your truth, but soothe your words with peace.”

17 – “Give and it will be given to you.”

18 – Helping others and “teaching them how to fish for themselves.”

19 – Stop identifying yourself with your ego (body + mind) – they are mortal/temporary/transient and do not allow them to dominate you; they are the source of all your problems and problems of the world.

20 – Live at Present time (here and now) – not Past time or Future time [enjoy and live at present; do not be sad about the past and do not worry about the future; God is in control of everything and everyone, universal intelligence is in control].

21 – Acceptance of what is there at present.

22 – Do not criticise others, do not accuse others, do not blame others, do not judge others, and so on (do not declare war on darkness – only spread the light).

23 – Be peaceful, non-reactive, non-resistive, non-defensive, calm, understanding, wise and aware, non-violent, non-aggressive, and surrender to the present.

24 – No negativity towards anyone or anything.

25 – Let go; forgive – (non-forgiveness is only pain & suffering).

26 – Do not be too attached to anyone or anything except to your inner part – your spirit.

27 – Give your total peace (inner peace and outer peace); turn the other cheek to anyone harms you.

28 – People are absolutely equal in value although they might be different in everything such as abilities, qualities and professions. They all are One Spirit.

29 – Always be in touch with your inner part, i.e. your spirit. This is the only permanent/immortal part of you. It is God, the universal intelligence.

30 – As the great spiritual teacher Neale Donald Walsch said: “God is not a Big Guy in the Sky who sits on a throne. God is an Essential Essence that permeates everything, the Prime Source of unlimited intelligence and the Prime Force of unlimited creation. God is at once both The Creator and The Created, a Pure Energy that impacts upon Itself. It is First Cause. It is Every Effect. It is the seat of all wisdom, the wellspring of all desire, the fountainhead of all power, and the origin of all reality. It is, in a single word, Love. Its wisdom is activated, Its desire is fulfilled, Its power is evinced, and Its reality is fully, grandly, and gloriously made manifest through the experience and the expression of Love.” God is all that exists. God is both the form and the formless.

31 – In Life do not stop and also do not run but walk on your own pace. A Chinese proverb says it all: “If you walk on your own pace, you will walk forever.”

32 – Marcus Aurelius said: “Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.”

33 – Do not compare individuals, people, systems and things. Do not compare individuals with individuals because each one is unique although all are similar in many ways; and because each one is on her/his journey towards enlightenment regardless where they might be. Do not compare people because there are millions of reason why they are like that. Do not compare systems because each system is a completely different-unique model and each model has its positives and negatives depending on which perspective or angle you are looking at. Do not compare things because they are just different and unique. Thus, it is not only wrong but also unfair to compare individuals with individuals, people with people, systems with systems and things with things. Stop comparing because there are millions of reasons why they are like that.

34 – My only rule in life is: “Love, and do whatever you like.” Always and in any situation ask your self: “What Love wants to think here? What Love wants to say here? What Love wants to do here?”

35 – Change your “Demands” into “Preferences”. Make whatever you might be addicted to or whatever you might demand into merely preferences so that you do not feel unhappy if you do not get them – if you get them is fine and if you do not get them is also fine. Thus, no unhappiness at all.

36 – In the first step “accept people and things as they are because there are millions of reason why they are like that” and in the second step “help in improving & changing people and things for better using loving communication and various other peaceful means.” However, never forget to start with yourself first – improving and changing yourself first. “Be the change you want to see in the world” as Mahatma Gandhi said. Always start with yourself.

37 – “Surrender to Life” and do not walk against tied of life – walk with the flow of life.

38 – Aim to know better so that you do better as Maya Angelou told us: “When we know better, we do better.” Always aim to know the “bigger picture.”

39 – No matter how much you cut something thin, still will have 2 sides, let us call them positive and negative. There might be nothing that is purely positive or purely negative. Everything has positive aspect and negative aspect.

40 – Dr Piccard said: “I like talking to people who regard the world differently than I do ... it is like a stretching exercise for my mind ... Another thing I regularly practice is putting my convictions to the test. What if I am wrong in what I assume, and the exact opposite is actually correct? How would that change my view of the world?”

41 – All human beings are equal. We all are individuated God. We all are sacred, are divine. There are no superior or inferior, no better or worse, no right or wrong, no good or

bad, no saint or evil, no moral or immoral, among human beings because they are just equal, each in her/his journey towards enlightenment wherever they might be.

42 – Mother Meera said: “One common mistake is to think that one reality is THE REALITY. You must always be prepared to leave one reality for a GREATER ONE.” Thus, let go of the “known” so that you create space to know the “unknown”.

43 – Love people and use things – not vice versa, i.e., not using people and loving things, as Dalai Lama said: “People were created to be loved. Things were created to be used. The reason why the world is in chaos is because things are being loved and people are being used.”

44 – God is Freedom. Be free from every dogma, be free from your mind and live your life free from every limitation and restriction. God is Love. Thus, “Love, and do whatever you like.” God = Love = Freedom.

45 – All our thoughts, feelings, and actions arise either from position of Love or position of Fear. Thus, always choose Love to be the source of your thoughts, feelings and action. Always act from position of Love. Get rid of Fear completely.

46 – Have open mind to everything and attached to nothing.

47 – You are not a human having spiritual experience but you are spiritual being having a human experience.

48 – Have plans but do not have bigger plans than yourself and do not fall in love with your plans, flow life.

49 – Believe it and you will see it.

50 – The answer to every question is Love.

51 – As you think so shall you be.

52 – You are not a human doing but a human being.

53 – Conflict cannot survive without your participation.

54 – You cannot give away what you do not have.

55 – There are no justified resentment (no blame, no harm, only love).

56 – Do not die with your music in you.

57 – Embracing silence.

58 – Give up your personal history (delete your past).

59 – You cannot solve a problem with the same mind that created it.

60 – Treat yourself as if you already were what you would like to become.

61 – Treasuring your divinity.

62 – Wisdom is avoiding all thoughts which weaken you.

63 – Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.

64 – Do not let the behaviour of others destroy your inner peace.

65 – You must learn to let go. Release the stress. You were never in control anyway.

66 – Do not try to control life, just flow life flow.

67 – Never be defined by your past. It was just a lesson, not a sentence.

68 – Train your mind and heart to see the good in everything. There is always something to be grateful for.

69 – Do not believe the things you tell yourself when you are sad and lonely.

70 – What is Love? Love is the absence of judgement.

71 – You cannot calm the storm so stop trying. What you can do is calm yourself. The storm will pass.

72 – I have been broken. I have known hardship and I have lost myself. But here I stand, still moving forward and growing stronger each day. I will never forget the harsh lessons in my life. They made me stronger.

73 – When a bird is alive, it eats ants. When the bird dies, ants eat it. A tree can be made into million matchsticks but only one matchstick is required to burn a million trees. Circumstance can change at any time. Do not devalue or hurt anyone in this life. You may be powerful today but time is more powerful than you.

74 – All great truths begin as blasphemies.

75 – Jesus said: “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”

76 – Flora Edwards said: “In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.”

77 – Dalai Lama said: “Our prime purpose in this life is to help others.”

78 – Les Brown said: “Help others achieve their dreams and you will achieve yours.”

79 – Napoleon Hill said: “It is literally true that you can succeed best and quickest by helping others to succeed.”

80 – Zig Ziglar said: “You can have anything in the world you want if you’ll just help enough other people get what they want.”

81 – Jesus said: “Do unto others as you would have it done unto you.”

82 – Bring an end to Separation Theory, that is: God is all that exists. You, everyone else and everything else in the Cosmos is individuation of God. God is within everyone and everything in the Cosmos. Everyone and everything in the Cosmos is divine, is sacred, is God.

83 – Stay in touch with who you are. You are the sacred, the divine, The God individuated. Go within yourself and listen to your feelings.

84 – Give others every experience you seek. If you want love, give love. If you want peace, give peace, and so on.

85 – Be clear that nothing you see is real. We live in the world of illusion.

86 – Decide that you are not your “story.” Your “story” is all data you have collected, or your mind have collected, about you, others and everything else in your life. You have a body but you are not your body. You have a mind but you

are not your mind. You have your life story but you are not your story. Simply, you are your soul.

87 – Have only preferences – not addictions. Change your addictions to preferences. Addictions are those things if you do not get them you would feel bad. Preferences are those things if you do not get them you do not feel bad, you feel fine.

88 – See the perfection in everyone and everything. There are millions of reasons why people and things are the way they are.

89 – Bypass the drama. Do not participate in life dramas. Everything is an illusion.

90 – Understand the differences between sadness and unhappiness. You can feel sad about a life event like death of a beloved one but do not be unhappy about her/his death.

91 – Stop arguing with life. First, accept life as it is and surrender to life and move with the flow of life. Then, change it if you want and if you can.

92 – Drop all expectations.

93 – Have compassion for yourself.

94 – Speak your truth as soon as you know it.

95 – Watch the energies, catch the vibe. Go within yourself and know your true feelings. Feeling is the language of the soul.

96 – Smile.

97 – Sing.

98 – Know what to do when things are really bad.

99 – Pain and suffering are not the same. Pain can be inevitable but suffering is optional. Suffering comes from the mind, how you look at things. Buddha said: “Suffering is necessary until you realise suffering is no longer necessary.”

100 – The purpose of life is to be happy. Be happy. Dalai Lama said: “I believe that the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we are all seeking something better in life. So, I think, the very motion of our life is towards happiness ...” and Martha Washington said: “I have learned from experience that the greater part of our unhappiness or misery depends on our dispositions and not on our circumstances.”

101 – Death is not the end. Your soul is immortal, is eternal. Your body & mind are transient temporary fleeting mortal. Death is just a transformation. Norman Cousins

said: "Death is not the greatest loss in life. The greatest loss is what dies inside us while we live."

102 – Who am I? Stephen R Covey said: "We are not human beings on a spiritual journey. We are spiritual beings on a human journey."

103 – The Buddha said: "We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

104 – Why do things happen? Elizabeth Kubler-Ross said: "I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word and thought throughout our lifetime."

105 – Dr Wayne Dyer said: "How people treat you is their karma; how you react is yours."

106 – Confucius said: "The superior man thinks always of virtue; the common man thinks of comfort."

107 – Albert Einstein said: "The problems that we have today cannot be solved with the same level of thinking that created them." That is why we always need creativity and newness.

108 – Francois de la Rochefoucauld said: "If we had no faults of our own, we would not take so much pleasure in noticing those of others."

109 – Mahatma Gandhi said: “They cannot take away our self-respect if we do not give it to them.”

110 – Antoine de Saint-Exupery said: “Love does not cause suffering: what causes it is the sense of ownership, which is love’s opposite.”

111 – Confucius said: “Act with kindness, but do not expect gratitude.”

112 – Aristotle said: “It is the nature of desire not to be satisfied, and most men live only for the gratification of it.”

113 – Cicero said: “Gratitude is not only the greatest virtues, but the parent of all others.”

114 – Confucius said: “To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right.”

115 – Smile and gently laugh at every philosophy, at every religion, at every way of life, at every etc. because they all are man-made and they all are byproducts of human mind. They all have positive and negative aspects depending on which aspect you are looking at. Smile and laugh at all of them and do not be fanatic to any of them because they are just different models. The wisdom is in BEING peace, love, mercy, charity, respect & tolerance and consequently

all DOING (thoughts, words and actions) will follow that.
That is all.

Personal view:

To be fair to Christianity, I must say the following:

Christianity in the past was like other religions aggressive, violent and intolerant religion. But over centuries, Christianity has changed and reformed itself hundreds of times until it is now a modern civilised religion totally rejecting violence, aggression and intolerance. The modern definition of Christianity has become only: “peace, love, mercy, charity, respect & tolerance for everyone and everything in the world regardless of any differences” and “everyone & everything is sacred, is divine”.

Other religions, especially Islam, must learn from the example of Christianity and radically change, in order to be civil, peaceful and tolerant religion like other religions in order to be compatible with the common sense and in order to be compatible with values and principles of the modern progressive human civilisation.

I am very sorry to say that: unfortunately, all human philosophies (including absolutely all religions) are merely byproducts of human minds (they are merely ideas, thoughts, stories & imaginations from human minds). Unfortunately, this is the truth. There is absolutely nothing from heaven (all from human minds; all from minds of our previous generations and ancestors in order to teach us how to live our lives). This is it and nothing more. There is absolutely nothing from heaven. If you read and search enough, you will reach this conclusion. Personally, this is the conclusion that I reached it in my 49 years of searching, reading, comparing and practicing philosophies & religions.

There is no harm to be Christian because all what Christianity teach is: “peace, love, mercy, charity, respect & tolerance for everyone and everything in the world regardless of any differences” and “everyone & everything is sacred, is divine”. But, from first hand personal experience, there is harm to be Muslim because it teaches hatred, intolerance, violence & aggression (especially to non-Muslims and those from different Muslim sects).

Therefore, there is no harm to be Christian and, in fact, Christianity makes the human being a better human being. All what Christianity teaches is: “peace, love, mercy, charity, respect & tolerance for everyone and everything in the world regardless of any differences” and “everyone & everything is sacred, is divine” and this is very normal, natural, healthy, positive, constructive, compatible with the common sense and compatible with the values and

principles of progressive modern human civilisation. There is nothing wrong with this at all. There is no harm in this to anyone at all.

But this is not the case with Islam. Therefore, Islam must change and reform itself like Christianity did over centuries. In my personal efforts, I tried and I actually did reformed Islam in my 2 books “Understanding Islam, Part 1 and Part 2”. I did not change texts but I removed all those violent, aggressive and intolerant teachings. For example, what is called “holy war” or “jihad” is in fact no more than offensive criminal war against all humanity and is not compatible with the common sense and is not compatible with modern progressive human values and principles and is not compatible with modern progressive human civilisation. What is called “holy war” or “jihad” is merely crimes against humanity and it is without any doubt sick-psychopath-sociopath-criminal and Muslims must get rid of it and reform their religion. This is just one problem with Islam and there are thousands like this.

This is enough to be said.

We can only feel normal, natural, healthy, positive, constructive, and civilised humans when we extend our “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless

of any differences. The only thing that prevents this happening is our delusions (our ideas & thoughts) that we brainwashed with them since early childhood. Those delusions that create divisions, borders, and boundaries between us leading to hatred, violence & aggression among us (the family of human beings).

I am very sorry to say that: unfortunately, all human philosophies (including absolutely all religions) are merely byproducts of human minds (they are merely ideas, thoughts, stories and imaginations from human minds). Unfortunately, this is the truth. There is absolutely nothing from heaven (all from human minds; all from minds of our previous generations and ancestors in order to teach us how to live our lives). This is it and nothing more. There is absolutely nothing from heaven.

If you read and search enough, you will reach this conclusion. Personally, this is the conclusion that I reached it in my 49 years of searching, reading, comparing and practicing philosophies and religions.

Let us not let our delusions (our ideas & thoughts) to create divisions, borders, boundaries, hatred, violence and aggression among us (the human family).

Let us feel normal, natural, healthy, positive, constructive, and civilised humans by extending our “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences.

Just watch children & infants when they interact naturally happily with each others because they have not been brainwashed yet, because they have not developed egos (minds) yet. It is only when they are brainwashed by adults' thoughts & ideas & philosophies, they develop hatred towards "others" who have different ideas & thoughts & philosophies.

<https://www.youtube.com/watch?v=TAzVMpaMrNU>

<https://www.youtube.com/watch?v=Y-FA4k4sByM>

<https://www.youtube.com/watch?v=ZDOvbtW2TU>

Why I became Christian?

In 2013, I converted from Islam to Christianity and, in 2015, after reading books of the spiritual teacher Eckhart Tolle, I turned towards Spirituality.

Here, in this civilised West, people have freedom to chose their beliefs and live as they want – not like some other parts of the world where people are brainwashed since early childhood and they get killed if they choose a different belief system or a different lifestyle.

These are my notes from my diary regarding: Why I became Christian?

20/4/2015

The reason I chose Christianity is because its modern definition is “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences and this is the most natural and normal path for everyone to adopt.

22/4/2015

The reason I chose Christianity is because it adapts to the progress and development in human civilisation; it continues to reform itself not by changing holy texts but by changing their interpretation that suites modern progressive civilised life. Look at christian communities everywhere how much they are developed in science, art, sport, etc.

Modern Christianity allows to use your mind and the “common sense” in every situation.

The most important definition of modern Christianity now is: “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences.

Modern Christianity is the most natural and normal and healthy religion, because it is down to earth and it is in touch with human nature (feelings, thinking and behaving).

Modern Christianity makes the human being peaceful, calm, happy and understanding; respecting his own nature and accepting it and enjoying life to its full.

Modern Christianity makes this life like a paradise and christians will win the afterlife paradise as well because Lord Jesus paid the price by dying on the cross for us, and thus our sins already forgiven and now we need to forgive each other in this life.

Modern Christianity treat women and children most healthily and normally and naturally. Women and children are the source of happiness and joy in life.

Modern Christianity allows the human being to express her/his true feelings, emotions, and peaceful thinking.

23/4/2015

What is great about Christians and Christianity is that they really love “peace”. Christianity creates peace within the individual and among people through its teachings like “love your enemy”, “if someone hurt you, just forgive and do not seek revenge”, “do not judge each others, see the wood in your eyes before you see a tiny one in the eyes of others”, and so on of very healthy teachings and practices

that completely stops all cycles of offence & revenge & conflict among people.

We can see those who practice Christianity how much they are peaceful, nice, harmless, helpful and positive.

All those christian communities that not damaged by other alien philosophies like communism and nazism are peace loving and peace creating.

The modern definition of Christianity has become “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences.

According to psychologists the need for safety (i.e. peace) comes first, immediately after oxygen, and then comes other things like water, food, shelter, etc. Because without securing peace first as a priority of priorities, nothing positive can be done. This is true at every level (individual, family, local community, national and international).

We can see the priority of true practicing christians is to create peace and keep peace at every expense. For example, look at Assyrians, how much they are persecuted in modern times but they never sought revenge or violence or aggression; they only tried to escape from persecutors to all parts of the world; we have never seen them behaving violently or aggressively; they became refugees all over the world; they lost their families, friends, relatives, lands and possessions; all this is too painful but they did

stick to the message of Lord Jesus and principle of Christianity that is “love your enemy, do not seek revenge, forgive, create peace, etc.”

We can only enjoy life when we enjoy peace at every level (individual, family, local community, national and international). “Peace” must be our priority of priorities and we can achieve it through the example of Lord Jesus and the practice of his healthy, normal, natural religion (Christianity) and that is why I became christian.

2/5/2015

What is great about christians is that they love and respect everyone else regardless of differences even those who chose to have no religion at all although christians keep peacefully carrying the message of Lord Jesus at all times and they wish it for everyone everywhere.

What is great about Christianity is that it can live with every other religion and also it can live with atheism.

Modern Christianity is only “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences.

Modern Christianity does not consider others as enemies no matter how much different they might be. “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences is the rule.

Modern Christianity accepted to be separated from state (from power and authority) and live peacefully side by side with all others.

Modern Christianity only concentrates on helping others in all different ways and on building the spiritual needs of everyone.

Modern Christianity respects human rights, human feelings, human civilisation progress, the common sense, etc.

Modern Christianity is about being respectful and polite to others and their needs, their feelings, their wishes and their ambitions.

Modern Christianity is about putting others first. And that is why I am happy to be called christian.

13/6/2015

Thanks for Lord Jesus for creating so much peace and love in the world.

Thanks for Lord Jesus for creating so much sincere christians who are so lovely, so nice, so peaceful, so harmless, so helpful and so wonderful human beings.

Thanks for Lord Jesus for the gift of Christianity that is so wonderful religion, so peaceful, so normal, so natural and so down to earth.

Thanks for Lord Jesus for giving us such an option to adopt his wonderful path that is Christianity; otherwise, we would have been destroyed and lost in violence and aggression of some other religions.

Thanks for Lord Jesus for giving us peace, tranquility, love, passion, mercy, normal and natural way of living.

Thanks for Lord Jesus for all the good in the world.

Thanks for Lord Jesus for all the charity, all the mercy, all the peace, and all the love in the world. The world without our Lord Jesus would have been terrible full of violence, aggression, oppression, suppression, inhumanity and suffering.

Thanks for Lord Jesus for Christianity and Christians in the world.

Thanks for Lord Jesus for all the peace, all the love, all the mercy and all the charity in the world.

20/6/2015

Thanks for Lord Jesus who made Christianity so easy to follow and so meaningful and without too much burden

and without too much hardship and without too much suffering.

Thanks for Lord Jesus who did the job for us and all our sins and mistakes already forgiven as he paid for all that by dying on the cross for us and he suffered on our behalf so that we do not need to suffer.

Thanks for Lord Jesus who loves us so much regardless of how much we worship. He loves us unconditionally and he accepts us regardless of anything else. We will reach our Lord Jesus and we will be with him permanently regardless of anything else such as how much we worship, how much we work, and what we do, because his love and mercy is above anything else and his love and mercy is unconditional.

Thanks for Lord Jesus who has already forgiven our sins and mistakes even before we born and all what he wants from us is to forgive each other in this life so that we live better quality life and he wants us to love and respect everyone even our enemies.

In Christianity we fast a lot and we pray a lot but we do not show off and we do not need to suffer too much hardship and we do not need to forget the meanings behind our fasting and prayers and our worship.

In Christianity we worship in every way and at every moment in our life.

In Christianity we need to make this life like a paradise with least possible suffering for us and for all others and we even make this life like a paradise for animals.

In Christianity our Lord Jesus did the job for us and all what we need is to look after ourselves and all others.

We do not reach our Lord Jesus faster by making ourselves suffer more; we do not need to suffer and make others suffer.

In Christianity our worship is “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences. This is what makes us as christians so special, so human, so loving, so peaceful and so harmless.

Modern Christianity is “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences.

Lord Jesus is an excellent example for us and he has done the job for us and all what we need to do is to follow his example on the ground of the real life: “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences, and no enemies as we love our enemies and our “peace, love, mercy, charity, respect & tolerance” reach those who consider us their enemies because we do not have enemies.

We christians are “peace, love, mercy, charity, respect & tolerance” and that is how we worship every minute to make this life like a real paradise for everyone and everything even animals. This is our fasting and worship at every minute. This is our simple but very meaningful path. This is our Modern Christianity and we are very grateful to have such a peaceful loving religion.

You can know us from our example on the ground of the real life and you can know others from what they do on the ground of the real life.

We spread “peace & love, mercy, charity, respect & tolerance” to whoever we reach and wherever we reach. Unfortunately, some others spread hatred, violence, aggression and suffering wherever they reach. This is the difference between our religion Modern Christianity and some others.

This is enough to be said.

There are so many delusions in human philosophies and religions. The pain is that children are brainwashed with these delusions since very early in life.

These delusions create hatred, violence & aggression among humans. This is the pain.

The only solution is to be brave and to tell the humans that their delusions (philosophies & religions) are byproducts of minds of their previous generations and their ancestors. Their delusions are byproducts of their minds, their imaginations and their fantasies. Nothing more or less than that. Their delusions have nothing to do with the truth.

There will never be "Peace, Love, Mercy, Charity, Respect & Tolerance" among humans in this world as long as there are so many delusions and so many deluded people.

The consequences of so many delusions are wars, violence, aggression, violent revolutions, violent uprisings, violent etc.

Violence & aggression is wrong and psychopath for whatever reason or goal. We must understand this otherwise we will finish one war only to enter another and cycles of offence and revenge will continue.

"peace, love, mercy, charity, respect & tolerance" to absolutely everyone and everything in the world regardless of any differences is the only normal and natural and healthy principle in life.

Love your enemy is the right, normal and natural and healthy principle in life. And there must be no enemies.

We must use peaceful and democratic means to achieve goals and we must be patient until we reach our goals

peacefully no matter how hard and how long it takes. We must learn from history and from present the huge human and material costs of wars and of use violence & aggression.

From my work as a psychiatrist in London, I see violent & aggressive people end up either in prison or in psychiatric hospitals to get treated. I think this is very right: violent & aggressive people should only end up either in prison or in psychiatric hospitals to get treated.

Thanks Modern Christianity. Thanks Atheism.

Behind the humanity and the beauty of this civilised West is both Modern Christianity and Atheism. Let us say each contributes 50% to this wonderful civilisation that we see in the West.

Christianity has been reformed and reformed hundreds of times until become so peaceful, so beautiful, so human and so healthy and its modern definition is: “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences and it has become tolerant to every other philosophy and every other religion and also of course to Atheism and freedom in all its forms.

Similarly, Atheism has developed and matured to a great deal that its goal is freedom and democracy everywhere for everyone and Atheism also shares Christianity its modern definition: “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences and also it has become tolerant to every other philosophy and every other religion and of course to freedom in all its forms.

This modern civilised West would not have been so beautiful, so human and so healthy with only one of them (i.e. with Modern Christianity alone or with Atheism alone). It would have been impossible with only one of them.

In this civilised West, Christianity would not have been so beautiful, so human and so healthy without Atheism. In the same way, Atheism would not have been so beautiful and so human and so healthy without Christianity.

Thus, the wonderful human civilisation in the West is the result of the decent competition between Christianity and Atheism for reaching highest human values and standards.

That is why, through this Western civilisation, we humans have progressed so much in every aspect of life.

Thanks for the beauty and the humanity of this civilised West.

Thanks for Christianity and equally thanks for Atheism.

This is enough to be said.

Where is the problem?

Where is not the problem?

The problem is not in choosing whatever religion or belief system you want.

But the problem is when those thoughts & ideas create hatred, violence, aggression, divisions, barriers and borders among fellow human beings and intolerance of others from different groups. This is the problem.

There is no harm in a group of people together peacefully meditating, praying and worshipping. In fact this is very healthy, positive and blessing.

But the problem is that when they become violent & aggressive and full of hatred & intolerance to others from different groups. This is the problem.

What differentiate philosophies (including religions) from each other is: how much the particular philosophy (or

religion) has healthy principles in life, healthy rules & regulations, healthy codes of conduct, healthy etc. You can see that from their actions (i.e. their fruits).

Philosophies (including religions) might also change and evolve over time. The more they become healthy, civilised, tolerant and inclusive, the better.

The best example is Christianity which has evolved so much. The modern definition of Christianity is “peace, love, mercy, charity, respect & tolerance” to absolutely everyone and everything in the world regardless of any differences.

The basic principle that every human being need to learn is: the Rock-Logic (i.e. violence & aggression) is wrong at every level (individual level, family level, community level, national level and international level).

Here, in the UK and the rest of the civilised West, violent & aggressive individual end up either in prison or in mental hospital because here violence & aggression is totally unacceptable.

Merkel said:

“The population of India and China is around 2500 millions, they have 150 gods and 800 different religions, yet they live together peacefully. While muslims have one god, one prophet, and one book, yet their streets are coloured by blood, the killer shouts ‘god is great – allahu akbar’ and the killed shouts ‘god is great – allahu akbar’.”

Yes, of course, this is true. This religion started with blood shed, continued with blood shed, continues with blood shed, and will continue with blood shed. One cornerstones of Islam is called "Jihad" [i.e. holy war] which is no more than sick-psychopath-sociopath-crimes against humans and humanity. This cannot be from someone who is "Perfect God". It is definitely man made religion like all other religions and philosophies. For sure there is nothing from heaven. Nothing from heaven, it is all man made.

This is enough to be said.

After regularly repeatedly reading Eckhart Tolle books, I strongly recommend reading a book written by Steve Taylor: "The Fall". Please visit www.stevenmtaylor.com

This book will give you historical evidences & reasons that led to the explosion of ego, patriarchy, wars & conflicts,

male domination, suppression of women, the current way of life and the rise of religions around 4 to 6 thousands years ago.

To me, reading “The Fall” by Steve Taylor is a must after understanding Eckhart Tolle books.

People live differently and they fit in different cultures, usually their own culture.

Each culture is a complete set of beliefs, values and lifestyle. There is no right or wrong and there is no good or bad; they are only different cultures.

Those who fit in their own culture, see it perfect and they might see other cultures imperfect, wrong, bad or even evil.

The human being can adopt any culture, yes absolutely any culture. That is to say, the human being can adopt absolutely any set of beliefs, values and lifestyles.

There is only occasional odd individuals who cannot fit into their own culture and thus they try to fit in another culture

and if they did not find their suitable dream culture, they might create their own new culture.

I am of this example, I am now trying to create my own new culture or most likely I might adopt the future culture that is based on teachings of Eckhart Tolle and others likewise spiritual teachers.

The human being need and must transcend above his usual habit of “violence & aggression” at every level (individual, family, tribal & local community, regional, national and international).

The human being need to change and must change.

The human being need and must become aware of his dysfunctional, inhuman, destructive and criminal behaviour that is “violence & aggression” at every level (individual, family, tribal & local community, regional, national and international).

The human being need and must transcend from his unconsciousness to his consciousness; from his unawareness to his awareness; from his ego to his spirit.

The human being need and must believe in “Peace, Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Cosmos regardless of any differences”.

To achieve this we need peacefulness and non-reaction and not to identify with our egos (that is to say, not to identify with our thoughts, emotions, bodies, etc.)

Every life form (human, animal or plant) and everything in the Cosmos is sacred, is divine.

Everything in this limited transient mortal material world (the manifested world) is from the infinite, unlimited, unbounded Unmanifested Source; i.e. the Unmanifested presenting itself as manifested.

Both the manifested and the Unmanifested is the One, the Source, the Consciousness, the Universal Intelligence, the Superpower, the Spirit, (many people call the God).

Despite all differences, we all in the manifested world (humans, animal, plants, all life forms, all material forms) are in fact one and the same. We are all spirit.

The body and the mind are temporary and mortal but the spirit is permanent and immortal.

In essence we are all the one and the same spirit. We share this with every material thing.

In everything start with the self and automatically it will diffuse to others and the rest of the world; all great teachers first went inward and worked on themselves and then their light radiated to others, they become candles for others but that journey started with working on the self.

In this civilized West, there is a welfare system that is funded by money collected from tax system and spent on free health care, free education, free social services that looks after the old, the sick, the homeless, the jobless, the child, the orphan, the lonely parent, the refugee, the disabled, the blind, the disadvantaged, the etc. so that no one suffer. Thanks for the civilized West.

There are so many books in the world. I am now satisfied with reading only 2 books whole my life and they are about everything in life. The 2 books are by the spiritual teacher Eckhart Tolle : A New Earth & The Power of Now.

I wish if I had read these 2 books at the beginning of my life (not at age 47) instead of reading countless other books.

On the ground of the real life: we get what we give and we give what what we get.

We must therefore be peaceful forgiving loving human beings so that we stop those vicious cycles of violence & aggression; otherwise, cycles of offense and revenge will continue for ever.

We need to blame no body for those cycles of offense and revenge but only to blame our low level of mental health and our low level on consciousness.

Different people choose different paths. It seems that people will always choose different paths as they did throughout their history. We all need to accept this fact about the human beings.

And thus there must be no problem with: different people choosing different paths for themselves.

Therefore, people must be absolutely free to choose whichever path they want.

A time for everything, a season for everything; a time to think, a time to work, a time to read, a time to rest, a time to play, a time to cry, a time to laugh, a time to be serious, a time not to be serious, a time to be alone, a time to socialize, a time for everything, a time for nothing, a time to do everything else, and a time to do nothing.

I remember very well, as a child, I wanted and decided to travel & emigrate all over the world, seeking “peace, knowledge & wisdom” because I fed up from living within darkness – nothing but “ignorance, and violence &

aggression” at every level (individual, family, tribal & local community, regional, national and international).

The cycles of “offense & counter offense” and “revenge & counter revenge” never ended. Violence & aggression never ended and everyone claiming to be the most wise and knowledgeable person on the planet.

I could not accept violence & aggression at all at any level and deep within I did not see anyone really enlightened. Therefore, as soon as I could, I left the area and the country and started my journey towards “peace, knowledge & wisdom”.

Thanks for the “universal intelligence”, also known as God, I finally got what I need.

First, like millions others, in 1996, I was given “peace, love, mercy, charity, respect & tolerance” in this civilized West, especially a country called the United Kingdom. This was a very big relief as I felt being treated as a “human being”. Here, in the United Kingdom, the violent aggressive person ends up either in prison or in mental hospital. There is no tolerance for violence & aggression.

And, secondly, in December 2015, I was given whole (Eastern & Western, Ancient & Modern) wisdom and

knowledge, all contained in just 2 books written by the spiritual teacher Eckhart Tolle ("A New Earth" and "The Power of Now").

I do not need and I do not want anything more; this is all what I wanted since childhood and for ever [Peace, Knowledge & Wisdom]. Thanks for the "universal intelligence".

This is going on in some parts of the world at this moment in 21st century. What a sick psychopath criminal philosophy it is!

Over centuries, all religions reformed and reformed hundred of times until the definition of those religions became only "peace, love, mercy, charity, respect & tolerance" except this particular religion. This particular religion never reformed. Thus this particular religion is currently in crisis. This particular religion is clearly sick and psychopath, rationalizing and legalizing criminality and making it "holy". This particular religion is of dark ages and is incompatible with the "common sense" and is incompatible with the progress in human civilization and human rights.

People of this particular religion are suffering and making everyone else in the world suffer.

They must reform their religion if they want any progress towards normality by removing all these sick psychopath criminal teachings and practices from their religion and making it peaceful harmless religion like some other religions did over centuries.

This is enough to be said.

Some Muslims are stoning a car because it is manufactured by "infidels"; and a Muslim riding a donkey in city centre in France.

It is clear to those who have knowledge that Muslims have always had mental and behavioural crisis like this simple ones because of the nature of their religion that contains sick-psychopath-sociopath elements. This is obvious from their actions throughout history till now and unfortunately this will remain unless Muslims reform their religion.

Christianity was not different from Islam till a couple of centuries ago but Christians reformed and reformed their religion hundreds of times until its modern definition become "Peace, Love, Mercy, Charity, Respect and

Tolerance for everyone and everything regardless of differences”. What is more, Christians of today do not interpret texts of the Bible literally and Christianity of today encourages using the “common sense” in every situation.

Thus, Muslims need to learn from Christians. Muslims need to reform their religion and make it healthy and civilized by removing every sick–psychopath–sociopath–criminal teaching from its books and teachings and they need to use their “minds” and the “common sense” exactly as Christians do.

I must re-emphasis that all religions and all philosophies are merely by-products of “human mind”. All done by ordinary men like us. There is nothing from heaven. This is the absolute truth. And if you search, read and explore, as I and millions others like me, you will reach this same conclusion that “all religions and all philosophies are from ordinary human beings and nothing from heaven”. This is the truth.

Thus, all human beings must use their minds to reform their religions and philosophies, to make them more peaceful, more positive and more healthy.

This is enough to be said.

Human beings and animals manifesting Peace & Love, Fun & Play:

This is one of the manifestations of “Peace, Love, Mercy, Charity, Respect & Tolerance to all that exists” in the nature. Only at such moments all kinds of creatures (including the human beings) are in touch with their deep soul (their spirit), away from the control and the domination of their minds (their egos). When creatures are in deep touch with their spirit and are not dominated by their minds (especially humans), they act with Peace & Love and they have real Fun & Play together.

Let me repeat the basic that is: the human being consists of 3 things: body (the physical form), mind (the mental form) and spirit (the formless the timeless the eternal, the formless that gives rise to all life forms). All life forms (material or physical & mental) are subject to birth and death and thus are temporary and mortal. But the formless (the spirit) is the eternal limitless part that is not subject to birth and death and that gives rise to all life forms).

The spirit is the Unmanifested that gives rise to all manifested things. The spirit is the Unmanifested eternal limitless formless that gives rise to all manifested life

forms. This is the most basic and the most likely truth that we know throughout human history and all philosophies are based on this truth. This truth has become very complex over centuries; the truth that now has many facets to look at and has many angles to look through (and this is okay) but remember they all emanate from this one single basic truth that the human being is: body, mind and spirit.

The problem however is with the human being who has very complex, very evolved and very developed mind (the mental form) that totally dominates the human body (the physical form) and the human spirit (the non-physical the formless the eternal the limitless that is part the whole, that is part of the spirit of all that exists).

Consequently, the human being is totally dominated by his mind – the mind that proved to be very dysfunctional, very destructive, full of hatred, full of jealousy, full of selfishness, full of greed, full of hostility, full of the desire to control and dominate others, and totally preoccupied with the Past and the Future (away from the Present).

Consequently, the human being suffers a lot because of his mind and he makes other to suffer as well. For example, in 20th century over 140 million human beings killed by human beings because of their minds (because of their philosophies that they identify with, i.e. because of their egos). Simply, human mind creates delusions and kills others for those delusions.

This is the reality of the human mind. The human mind discovered how to split atom and create huge energy but he first used this discovery to create the atomic bomb that can kill millions of lifeforms in a split of a second. This is the reality of the human mind (the human ego).

The human beings truly manifest “Peace, Love, Mercy, Charity, Respect & Tolerance to all that exists” in the nature when they are in touch with their soul, their spirit, and away from the domination and control of their very dysfunctional minds (their egos).

To understand human beings better and to explore this subject in more detail, please, read Eckhart Tolle books “A New Earth” & “The Power of Now”.

Who we are?

We, in essence, are “spiritual beings who are having human experience in this life”. We are like in a dream in this life and unfortunately the vast majority of us only wake up at death.

Our true identity is that we are spirit or spiritual beings. This is truly who we are in essence although the vast majority of people are unaware of this and they identify themselves with various things and they only realize this at death.

You are the eternal the limitless the formless spirit. This is who you truly are.

You are not the mortal body; you are not the very dysfunctional mind; you are not your wild thinking; you are not your wild emotions; you are not your wild behaviours & actions; you are not your possessions & belongings; you are not your tribe, nationality, race or gender; you are not your profession, role or status; you are none of these even if you identify with them.

You are only spirit; you are the wholeness; you are the complete, the totality, the limitless, the formless and the eternal. You are the one spirit, same like everyone and everything that exists; you are the one and the same with the One. This is who you truly are although you might identify yourself with various mortal temporary things.

Do not judge people for the way they are; they only appear like that because of their thoughts and emotions and various other things they identify with but they are not truly any of those things.

In essence, they are not their thoughts, they are not their emotions and they are not any other mortal temporary thing they identify themselves with unconsciously.

In essence, they are truly only one thing that is “spirit”.

Yes, they are only one thing that is: spirit, which is limitless and eternal, even if they are unaware of this.

You: see this, that underneath that horrible mortal temporary mind is the wonderful eternal limitless formless non-physical spirit which is the Wholeness, which is the Source, which is the One, which is the same as you and everyone and everything else, which is all that exists, which is all the life forms and the formless, which is all the manifested and the Un-manifested.

That is who truly they are (Spirit) although they might identify themselves with various mortal temporary things. Unfortunately, the vast majority of us (the humans) only become aware of this at death. Unfortunately, we do not

realize that we are in a dream-like state in this life because we only wake up at death.

Being a spiritual person does not mean that you do not enjoy life to its fullness. In fact, the opposite must be true. You can only truly enjoy life to its fullness when you are aware of the spiritual aspect of yourself, of everyone and of everything else.

For example, see alcohol and drug addicts who might be living hectic lifestyles; they actually suffer a lot and enjoy nothing. They suffer in every moment. For instance certainly they do not enjoy their sexual life if they have any. Another example is that they do not see, feel or enjoy the beauty – the beauty of everything.

On the other hand, spiritual humans enjoy everything in life to its fullness. They look beautiful, they feel beauty, they see beauty ... and they enjoy all kinds of beauty.

Living a really spiritual lifestyle does not mean deprivation from: needs of the body, needs of the mind and needs of the spirit.

Living a really spiritual lifestyle certainly does not mean living extreme conservative lifestyle because there must be no suffering and no deprivation at all. There must be full happiness and enjoyment.

Living a really spiritual lifestyle also does not mean living extreme liberal lifestyle. There is some degree of limits without being judgmental.

And above all, there is no judging others, no condemning others, no labeling others, no criticizing others, no comparing, no etc.

They are really unfortunate those who does not understand English. Most of great wisdom, knowledge and science are in English. If you really want great things, then learn English and encourage your children to learn it.

Now a day, with internet, you do not need to live in London or in the civilized West to have access to such great lectures and materials. You do not need money and travel. It is all free at your own home. Just use it.

Mind can cause pain, suffering and drama even during sleep, for example, through your dreams that are totally away from your reality, especially when your ego feels diminished or humiliated; it causes resistance and reaction and subsequently pain and suffering. All this in the mind – nothing happened on the ground of the real life – all this in the dream and after suddenly waking up from the terrible dream.

There might be no problems with some experiences but problems, pain, and suffering arise only when the mind start thinking about those experiences, interpreting them, labeling them, judging them, blaming, criticizing, comparing, accusing, etc.

Resistance cause pain and suffering.

Acceptance and surrender remove pain and suffering.

The majority of people who are totally identified with their minds, live as if they are in continuous conflict or battle with “others” [i.e. with other individuals, with other families, with other tribes, with others communities, with

other nationalities, with other religions and other sects, with other philosophies, and with the other whole world]. They appear to be in continuous conflict with others. They have strong opinions and they strongly see themselves right and others wrong. They see themselves victims and others persecutors. They even have strong conflict within themselves. They have no peace even within themselves.

On the other hand, a very small number of people who they do not identify themselves with their minds or any other thing [i.e. those who are truly spiritual beings who see themselves one with all that exists, who have no strong opinions about anything and they do not see themselves right while others wrong, and who are non-judgmental, non-reactive when someone mistreat them or offend them, peaceful within and without] they approach living with themselves and with all that exists in a very peaceful manner, they always see the bigger picture, and wholeheartedly they accept all what life brings [i.e. everything is for a purpose within the bigger picture that is dictated by the universal intelligence – exactly like every single operation, from trillions of operations every single second in the body of any creature, is for a particular purpose so that life goes on and the creature functions], nothing happens by chance, nothing is isolated or separated from everything else, everything has a purpose within the bigger picture. And while they accept everything in life, they peacefully try to improve things and spread peace–love–harmony–justice–fairness–etc everywhere, they start with themselves and they work on themselves, they work inside themselves and their influence radiates outside

themselves, they change themselves – they do not try to change the world or change others because they know everything starts with working on the self.

To which above group you want to be?

Follow what Jesus said: Judge the sin but not the sinners. This mean we can judge wrong and harmful things that we do starting with the self and then others but not judging the souls. I and others are wonderful souls that God created and thus do not harm them and give them total peace but you can tell them nicely and politely what wrong thing or harmful thing they are doing. Remember the main rule in spirituality is “I am a peaceful being” and thus I give total peace to everyone including animals and that is why I am vegetarian because I do not want to kill animals to eat.

Do not keep the memory. Always delete the past. This means do not remember what harm others have done to you so that you do not seek revenge. Forgive and Forget. Or Forget and Forgive.

The highest state is when you are Content.

Be generous in giving Peace & Love to others. But we want you to do this when you yourself is full of Peace & Love within and then it overflows from you. This is the law of Abundance. That is to say, when you have too much, you can give too much. When you have little, you can only give very little. This is the law of Scarcity. You cannot give anything to others if you have scarcity of it.

Serve others through your specialty – this mean through the gift that God given to you. And see others' specialties (gifts from God) and recognize them and serve through all specialties.

The greatest power God gave is the power of creativity.
Creativity is one of powers of the mind.

Remember the power of silence (i.e. beyond body and
mind, beyond thought).

Without “realization” we cannot change ourselves and
others. Thus, stop and become silent so that others can
realize. Step back so that others can have their own
realization. Awareness is a series of realizations.

Peace is the greatest donation ever. Always give peace and
peace gives rise to everything beautiful and wonderful.
Peace creates everything.

Balance in everything.

Do not seek to impress but to inspire.

Fear is the imagined reality.

Be same inside out.

Take responsibility and be mature (i.e. deep and light).

Move from Body consciousness to Soul consciousness.

Do not be too sensitive and moody.

Wish and hope the best for others and give the best to others.

“Let go” and “give up attachments”. This means to let go of the past or delete the past or delete the memory so that you allow new things and new people that God give you in your life. Give up attachments does not mean to turn your face away from others or break relationships but it just mean not to be dependent on anything or anyone. Avoid dependency but welcome codependence, interdependence and independence.

[I remember when I left my homeland and emigrated all over the world, I did not leg go of anything or anyone in my life and I did not give up any of my attachments and because of that I suffered a lot and even I became crazy for

almost 20 years until I learned to let go and give up my attachments. Although God always gave me better than I had in every aspect, I never accepted them.

For example, I did not let go of my mentality and culture that I inherited in my homeland and I did not give up my deep attachment to that mentality and culture although it was very primitive and immature and even unhealthy despite the fact that every day I was given the freedom to have a new enlightened mentality and culture.

Another example, I never accepted anyone new in my life although God gave me so many nice parent figures and brother/sister figures because I never gave up my deep attachment to my biological parents and siblings.

Now, after I let go and gave up my attachments I am able to get and accept a new way of looking at life and new way of living that is much spiritual, much happier and much healthier. Now, I have so many parent figures and sibling figures who are so wonderful in every way.

I discovered that God has always offered me what is better for me but I was always rejecting because I did not let go and I did not give up my previous attachments].

So learn to trust God that always God will give you the better if you let go and give up your attachments to what you already have or had whatever that might be a thing or a person.

Do not break relationships but break attachments (i.e. break dependence).

Support to your heart (who is God) should never be broken. Always have God with you and within your heart and mind. Always seek peace in your mind and love in your heart.

If you keep even a tiny negativity (hatred for example) in your heart for another person, God will never sit in your heart until you remove that negativity from your heart. Therefore, always clean your heart and mind from negativity.

Love means care. When you love, you will care.

We human beings are all equal souls (i.e. brothers/sisters, i.e. children of God) and God is our Parent (i.e. Father/Mother). This is our relationship with each other and with our God.

At any time, when you do not understand something, that is absolutely fine. It just mean that at that particular time you are not ready to understand that thing for whatever reason. And may be at another time you will be ready to understand it.

Let go of what is “known” so that you might know what is “unknown”. Then you will see more and know more.

Have love for the sake of serving others (not for selfish motives).

Do not identify with anything that is perishable, mortal, temporary.

No body and nothing can make you happy because happiness is something that comes from within.

No one can give you everything. Therefore, you need all.

In the Golden Age people were full of love and they were full within.

Use Yoga power for understanding knowledge (information) and to know how to apply it. Therefore, connect to God.

First, give respect.

And, second, get respect.

So, first, give respect and eventually you too will get it.

Virtues have to be tested on the field (i.e. on the ground of the real life).

Ego cause suffering. Get rid of your ego. Break your attachment to your ego.

You cannot change without corrections, including others correcting you.

Feminine & masculine aspects within each of us need to be in balance. We all women and men need both aspects balanced in ourselves. Therefore, please, do not identify with your gender.

Addiction is no more than cycles of pleasure & pain.

What and how you think creates your reality.

All creations and inventions created in silence. You see the power of silence!

Follow what Gandhi said: “Be the good that you want to see in others”.

Always start with the self and concentrate on the self. Whenever you hear or see any bad or wrong behaviour from others, make sure you yourself do not do that and keep working on yourself so that you yourself do not do that. This is the best thing that you can do. If you want to change the world, change yourself. This is all what you need to do.

In Meditation we experience our qualities while in Yoga we experience God’s qualities that are peace, purity, mercy, forgiveness, love, etc. All these help you to change. The ability to change is a huge gift from God. For example, if you love someone, you change yourself, by making sacrifices for your lover.

Awareness is no more than a series of realizations. Listening gives us the power to realize and change. You see how much listening is important. There is no more power for the soul than the power of silence. Silence is the charger for the soul.

Ego-system is selfishness, i.e. you are taker.
Eco-system is selflessness, is sharing, i.e. you are giver.
But please first start to give yourself in abundance and
then the overflow goes to others. Remember to start giving
yourself first, always start with yourself first; this is not
selfishness.

In soul-consciousness there are no desires, no need to
take.

Always what we do in the drama of life is accurate (not bad
or good, not wrong or right). It is our ego that make
actions and things bad or good, wrong or right. We do not
always see or know the bigger picture. Our karma, our
actions, give us sufferings.

Give birth to interest and automatically motivation will follow.

Look for solutions, because there are answers for absolutely every question, but first make sure you search in the right place.

Actions need to follow thoughts as soon as possible. As the gap between thoughts and actions increase, the energy decrease and obstacles increase.

Surrender your ego.
Kill your attachment to matter.

It is purely ego (and it is worst thing) when you think others “should be this or that and do this or that”. As Gandhi said: “Be the good that you want to see in others”.

We are trapped in our opinions, beliefs, ideas, etc. This is very bad. All this is ego.

Let go of what you know so that you know that what you do not know, i.e. let go of the known so that you know what is unknown. Always delete what you already know so that you create space to know what is unknown to you.

Never feel yourself a failure.

Never run after a perishable, temporary, fleeting desire. That is to say, never run after any desire related to body because they are perishable, temporary, fleeting, and they leave you to suffer.

Errors: intention is not there.
Mistakes: lead to obstacles.
Crimes: punishable by law.
Sins: moral degrading, selfish, pleasure of self.

There are 5 different basic natural laws that run the world
[when any of these laws are broken, there are grave and
unwanted consequences in the form of diseases, illnesses,
disasters, etc.]:

Physical laws.
Material laws.
Mental laws.
Emotional laws.
Spiritual laws.

Happiness is not same as pleasure. Pleasure is always
followed by pain, suffering and sorrow.

Pleasure has to be renounced.
Happiness has to grow.

Do everything with right consciousness.

Experience come through Meditation.
Power come through Yoga.

God does not punish us but gives us the power to change
and stop our sins so that we do not suffer.

Ego: wanting more and more of perishable, temporary,
fleeting things.

People and individuals have different capacities and that is why they have different levels of understanding. We need to know and realize this fact.

In body-consciousness all vices (all desires) are there.

In soul-consciousness all virtues are there.

God wants you to sacrifice your body-consciousness (i.e. your: "I want ...") were "I" represent your ego and "want" represents your desires.

God wants you to move from "I want ..." to "I have ...".

What you need, your soul already have it. Your soul is full and complete.

Let your soul-consciousness (not your ego) guide you.

Soul-consciousness = fearlessness = spirituality.

Power of silence lead you have power of discrimination and power of judgements.

Power of silence remove “mind restlessness” which is the root cause of loneliness, depression and other mental illnesses.

Have pure positive thoughts and then feel them in your heart and then experience them in silence.

Our attachment is most strong to: memory, past, and desires.

People can give you what you “want” but not what you “actually need”.

The good news is that your soul already have all what you actually need.

We need to make ourselves full and thus no need for anyone else because our soul is already full, our soul has everything and overflows so that we give to all others.

In the moment you recognize your ego, it dissolves. But soon the ego come back in another form.

See every game in life drama as a “detached observer”.

I am a soul that drives this body (not the body that plays so many roles in life drama).

In physical world: the opposite attract.

In spiritual world: the similar attract.

Do not be too strongly opinionated.

The value of light when there is darkness is similar to the value of knowledge when there is ignorance.

Offer your mind to God so that God plants beautiful seeds that lead to beautiful fruits.

Keep your achievements but renounce the arrogance of the achievements.

“My Spiritual Bag”

I just bought a bag that is suitable to contain few books and I call it “My Spiritual Bag”. This bag only contains a copy of those books that totally transformed me and totally changed my life. I repeatedly regularly read these books

and I have become totally dependent on them; simply, they have become my “bible”.

Of course, I read other valuable books, watch videos of transforming lectures on internet, listen to transforming CDs, attend spiritual classes & lectures, etc. but very soon I come back to those books in my spiritual bag as they have become my bible and without them I just cannot live.

I wish everyone have her/his spiritual bag that contain her/his transforming books, i.e., her/his “bible”.

So far my spiritual bag contains the following books:

- “A New Earth” by Eckhart Tolle
- “The Power of Now” by Eckhart Tolle
- “Practicing the Power of Now” by Eckhart Tolle
- “Stillness Speak” by Eckhart Tolle
- “Guardians of beings” by Eckhart Tolle
- “An Angel Whispered” by Patricia Tashiro [ISBN: 978-1-84694-428-4]

“The 7 Eternal Laws”

I attended a spiritual lecture in London under the title “The 7 Eternal Laws”, and here it is some notes about each eternal law:

“1st Eternal Law: the law of attraction or attention”.

Thoughts lead to words and words lead to actions. Thus, our thoughts lead to our experiences; whatever we think about will become our reality. Therefore, always try to think peacefully, lovingly, positively and constructively and consequently your reality will be peaceful, loving, positive and constructive.

“2nd Eternal Law: the law of giving and receiving”. Simply this means we only get if we give. Therefore, always try to be giver; give in abundance and you too will get even in more abundance. If you give little, you will get little but if you give too much, you will get too much.

“3rd Eternal Law: the law of Karma”. Karma literally mean “action”. What we sow, we reap. Our actions eventually come back to us whether after one minute or in the next life. Therefore, make sure your thoughts, words and actions are good, peaceful, loving, positive and constructive so that you receive or get the same. Wayne Dyer said: “How people treat you is their karma, how you react is yours”. Thus, you are not responsible for people’s actions but you are responsible for your reactions. Always make sure your reactions are peaceful, loving, wise, positive and constructive. If you suffer, simply you are paying for something you have done whether in this life or in a previous life – it is like your bank account you are

paying your debt to clear your account but you can always build up your credit in your account by thinking, speaking and doing peacefully, lovingly, positively and constructively; then you will have abundant credit in your account. Plant seeds of happiness so that you get happiness.

“4th Eternal Law: the law of uniqueness”. Everyone is unique. You are unique. You have unique specialty, i.e. you have unique talent. We are all souls and we are all equal. There is sameness in all.

“5th Eternal Law: the law of oneness or unity”. Nothing happen by chance. Everything fall in place by the universal intelligence. There is universal intelligence. There is full intelligence in everything, in everyone, in every cell, in every atom, etc. We are vibrational beings in a vibrational universe. There is only energy, vibrations and frequencies. You are one with all that exists (both the forms and the formless)(both the physical and the metaphysical). Your are not separate from the universe. Your body is not separate from the universe; the universe is your extended body. All that exists is merely energy and informational content.

“6th Eternal Law: the law of effortless living”. This mean doing less but achieving or accomplishing more and even doing nothing but achieving or accomplishing a lot. Like being in a state of just “being” (not in a state of “doing”).

Before you do anything, stay in a state of “being” (i.e. do not do anything, just stay still for around 69 seconds and then do whatever you like); then you will see that you achieve or accomplish much more. “Being” comes ahead of “Doing”. “Being” before “Doing”. Total acceptance of what is. Accept people and things as they are. Live in the present moment (not in the past and not in the future). Every problem is an opportunity in disguise. Open to all points of view. Enjoy the uncertainty. Just follow with life. Do not resist and do not judge.

“7th Eternal Law: the law of detachment”. Let go. Let go of everyone. Let go of everything. Let go of the past. Let go of the known so that you start to know the unknown. Delete the memory. Be and let others be.

Remember the following 2 advices:

A – Think, speak, feel and do only what you want.

B – Choose to feel good.

Be detached from the fruits of your actions. Do good and surrender it. Do not worry about fruits or results of your good deeds. Just do your best and leave the rest to God – God can create miracles and remarkable fruits and results from your good deeds. You are only responsible for your good actions (not the outcomes or the results or the fruits). Concentrate on good actions (not results or fruits). Just keep doing good and do not worry about the fruits; leave the rest for God to do.

Desires >>> Attachments >>> Greed >>> Lust >>>
Anger

Before I joined this Spiritual University, I was of the opinion that it is okay for the human being to fulfill his desires as long as no harm to the self and to others. I was of the opinion that deprivation from desires and body needs is inhuman and leads to a lot of various problems.

However, what I have learned from this Spiritual University is that, unfortunately, when the human being is free to fulfill his desires, he never stops at any limit, he indulges and he wants more and more, leading to strong attachments to desires and all sorts of addictions which really never fulfill the human being for long and soon he will want another fix and will feel very bad and low after

that; then the human being become greedy and possessive; then the lust develops and eventually leads to anger and self-destruction and destruction of others.

Unfortunately, this is the case when the human being follow his desires without constraints and limits and this is especially the case when there is ignorance and spiritual poverty.

My personal opinion is that deprivation is not good and thus this is not the best solution but building the mind and building the spiritual aspect and then meeting body needs including harmless desires in a sensible manner might be okay. Above all, the human being must be fully aware that all worldly material physical desires are only fleeting temporary transient and might lead to attachments and addictions to those desires leaving the human being completely dependent on them. Greed always leads to getting less.

Therefore, my personal opinion is to harmlessly enjoy your desires but to know and accept that they are only fleeting temporary transient very short lasting pleasures and not to put unrealistic expectations on them and understand this very well.

Having said this, I am aware that some spiritual paths and some religions ask for completely renouncing desires and killing desires in the first place and they encourage very conservative lifestyles such as celibacy, strict vegetarianism, etc.

Accept yourself as you are at the present moment; after that feel free to move towards the better, to become better.

Acceptance of the present status comes first – do not forget this. Then marry your perfect status, i.e. aim to improve in every aspect.

Serve others in the following 3 ways:

First, give information, spread the word, i.e. propagate the message.

Second, build your relationship with God and thus others too build their relationship with God.

Third, help creating someone's happiness so they create their own happiness.

Remember: serve others by your example, i.e. be the real example on the ground of the real life.

Your battle is within yourself (not with others), i.e. the battle with the vices (lust, greed, attachment, ego and anger).

Always look at yourself in the mirror, i.e. self-reflect, and help others to see themselves in the mirror.

Always share goodness with others. It is so important to learn to share.

Always give. It is very important to be giver.

Always give good wishes to others.

Everyone need to ask oneself this question:

“What transformation I brought to myself this year?”

Every year we need to ask this question. This is to know “what you have become”. Be a real example on the ground of the real life for massive positive transformations.

Vibrations of your thoughts spread to everyone and everything everywhere.

Therefore, make your thoughts only pure, good, positive and constructive – remove any hatred and negativity.

Be non-judgmental and try to understand that groups and individuals are only playing their part (their roles) in this grand life drama. They are as they supposed to be according to their karma and their current thoughts, feelings and actions. They cannot change their life unless they immediately put full stop to their current thoughts, feelings and actions and immediately start to have new kinds of thoughts, feelings and actions.

It is true we cannot control people’s actions but we can control our reaction.

For example, to have a fight you need 2 sides to fight and if one side decided not to fight then there will be no fight and all cycles of violence and aggression will stop and end.

Positive, pure and good thoughts, feelings and actions lead to same kind of thoughts, feelings and actions all over the world.

Negative, destructive, impure and bad thoughts, feelings and actions lead to same kind of thoughts, feelings and actions all over the world.

Therefore, start with yourself and spread the light of positivity, peace, love, purity and goodness.

Fill yourself with peace, love and every other goodness and it will automatically spread to others and everywhere through overflow.

Be a candle. Darkness only exist in the absence of light.

Give, and to the extent you give you will receive. This eternal karmic law remain to be true and in action; we reap what we sow whether sooner or later, whether in this life or in another life.

Therefore, grow seeds of peace, love and every other goodness and you will get wonderful fruits sooner or later. Eradicate negativity and hatred from your thoughts, feelings and actions.

Do not carry the past on your shoulder. Always delete the past moment and live in the present moment.

Let go of every past moment so that you enjoy the present moment.

Let go of the past so that you give space to enjoy the present.

“There are no problems; there are only solutions”.

Think in this way.

Do not dwell on problems; just concentrate on finding solutions. There are answers for every question; just try to search in the right place.

Whatever happened is good; whatever is happening is good and whatever will happen is good. Everything falls in place;

and eventually everything will be fine. God is for everyone and God of everyone and all have same God. Groups and individuals are just reaping what they sow.

Group's and individual's thoughts, feelings and actions just come back to them.

For example, think, feel and act peace and love and eventually you will get peace and love. If you think, feel and act hate, hostility, destruction, violence and aggression, you will have wars, destruction, violence, aggression and endless sorrows.

Therefore, immediately stop thinking, feeling and acting in negative, impure and destructive manner; and immediately start thinking, feeling and acting in positive, peaceful, loving, constructive and pure manner. Immediately stop the negativity and immediately start the positivity, peace and love, and you will see the change sooner or later in your life and in your world.

Just be a detached observer. Just watch the life drama. This is a grand life drama and we are playing our parts, our roles, as individuals and groups according to our own thoughts, feelings and actions. Nothing is by accident. Nothing is coincidence. Nothing is by chance. Nothing is unfair. Only you might not know the bigger picture, the full story, and only you might not understand the bigger picture, the full story.

See everyone as wonderful soul, with no judgments.

Jesus said: "Judge the sin but not the sinner".

Love who is unloveable. Love not only who is lovable but also who is unloveable. Have love and peace for everyone and everything. We extend our love not only to human beings but also to animals and nature and whole the environment. That is why, we are vegetarians because we do not want to kill animals to eat them.

Every individual and every group have different concept of God. This is fine and natural. This has always been the case. Many factors lead to this including: background, geographical, educational, intellectual and even mental health level.

Individuals and groups understand God differently. This is fine as long as they do not fight each other for their concepts and view points.

All those concepts are just pointers towards God, not God, as you point your finger towards the moon, your finger is not the moon but the pointer towards the moon. All those

concepts are just mental forms pointing towards God, not God.

Therefore, no one should fight for a concept or an opinion and no one should be fanatic to a concept or opinion, like those blinded people who were asked to touch an elephant each described part of the elephant they felt (and they were all right) but no one described whole the elephant or whole the truth, no one could describe whole the picture or full the truth, no one saw the bigger picture.

Thus, the most important think is peace, love, positivity and goodness among people and let them enjoy their concepts and their opinions as they wish because the truth might have many different facets.

The battle is within you (not with others).

The true battle is with your vices and they are: lust, greed, attachment, ego and anger.

Enjoy the 5 main virtues and they are: purity, peace, love, happiness and wisdom.

“Every saint has a past and every sinner has a future”.

Many saints had criminal background but they changed and transformed themselves into wonderful saints. Those who are criminal have the potential to change and to transform themselves into saints.

No one can change the past but can stop its influence on the present by immediately changing the kind of thoughts, feelings and actions. Just put full stop and start fresh.

Never put yourself down because you remain to be a wonderful soul, a wonderful spirit; just make your thoughts, feelings and actions pure, peaceful, loving, positive and constructive and get rid of any hatred and negativity.

There is so much protection in the state of introversion (i.e. during meditation). Do not be disturbed by past memories and future worries; be like going deep in the ocean where there is complete stillness and clarity leaving the superficiality of life.

Another example of complete stillness is that of trees; you see trees always in complete stillness while continue growing and giving fruits at the same time. To be like trees tall and high, you need to grow down deeper and deeper spreading your roots deep down and strong.

In order to be wise saying wise things, you need to expand in knowledge and experience. This is a life long process but it is worth to start it immediately now. The process is that of undergoing transformation after transformation, ending up wise and knowledgeable.

It is great to achieve but you need to renounce the “arrogance” that arise from it. For example, by thinking and saying: “I did it”, “it was me”, etc. All this feeds your ego.

Instead of that attribute your achievements to God and say: “God did it through me and I was just an instrument of God through which God did it”.

In this way you keep achieving and contributing while at the same time renouncing the arrogance that arise from it.

All kinds of desires arise from “attraction” (i.e. from sense organs).

Fulfilling desires might lead to rise of all sorts of attachments (i.e. you become dependent on them); this in turn might lead to greed (that is wanting more and more) which in turn might lead to lust (that is trying to possess and enslave others) and when you do not get what you want, anger very soon develops eventually leading to harm the self and harm others (i.e. self-destruction and destruction of others).

That is why, it is important to realize this fact about the vices and the desires so that you control your desires in the first place and thus no more slave of “attraction” (i.e. no more slave of sense organs).

Thus, you move from body-consciousness to soul-consciousness where there is no such vices, no such desires and no such destructive negative end.

Constantly be a teacher but you must teach yourself first; start with yourself first; fill yourself first with knowledge, experience and wisdom and when you become full, it will overflow to all others.

Remember: the best way to learn is to teach.

But start with yourself and be gentle in sharing others what you have learned. For example, I am sharing my spiritual journey with others through dedicating my Facebook page to my this journey.

Virtues attract more virtues. But what are virtues? The 5 main virtues are: purity, peace, love, happiness (this does not mean pleasures) and wisdom.

When you are pure in your thoughts, feelings and actions, you will bring peace into your mind and consequently you will give peace to all others and this will bring love into your heart and thus you will love all others and this will bring happiness and deep joy into your heart and hence happiness will overflow to all others and after that you will

increase and increase in your wisdom. These main virtues will attract more and more virtues.

Similarly, vices attract more vices. But what are vices? The 5 main vices are: ego, attachments, greed, lust and anger.

Again one vice lead to another as described earlier and they will attract more and more vices.

Thus, your battle is inside you (not outside with others).

Your battle is with your vices.

Thus, work on yourself.

If you want to spread peace and love in the world, work on yourself by becoming really peaceful and loving and so on.

Do not be too attached to “the way you think” (i.e. do not be too strongly opinionated).

Let all kinds of information to come in.

Let go of what you know so that you create space to know what you do not know.

Let go of what you know so that you know the unknown.

“Any relationship” (this includes relationship with God) will show you what you lack and what you have (i.e. your weaknesses and your strengths).

Therefore, “any relationship” is better than “no relationships at all”.

Thus, avoid loneliness.

Loneliness is the root cause of all problems including mental health problems.

If you have no body to have relationship with, have relationship with God.

The bottom line is: do not be lonely.

Stop blaming others.

Stop being too sensitive.

Stop putting yourself down.

Stop all above immediately now.

Give blessing to the one who defame you because he might be showing you your weakness.

Do not be like a ballon that inflates and deflates by others (i.e. be non-reactive to praises and criticisms – but stay polite and sensible to what others say).

The greatest fortune ever is: “to be able to listen”.

Listen to what others say to you especially those who are ahead of you in the journey of life.

“Reflect”, then “Absorb”, and then “Transform”.

Always remember this RAT.

“Me” is my ego and “mine” is my attachments. But both of these are not you because who you truly are is soul or spirit.

You are not your fleeting, temporary, mortal “body, mind, and attachments”.

You are the eternal soul or spirit. This is who you truly are.

At school you are taught.

But at university you actively learn and you suppose to search and examine.

At this age in your life, you are a student at the university of life. Thus, you suppose to actively learn (not to wait to be taught), and you suppose to search and examine.

You need to have “aim and purpose” in life.

It is not good enough to come and go without any aim and purpose in life.

My purpose in life, for example, is to peacefully lovingly gently serve and help others after serving and helping myself in this grand life drama we are acting in it.

I learned a lot from this book: “What The Buddha Taught” by Walpola Sri Rahula; I strongly recommend reading this book from cover to cover. Here, I will just mention 3 examples of The Buddha’s teachings:

1 – When Buddha was asked about his opinion regarding various religions and sects who have the absolute claim that: “This is my faith. This alone is Truth, and everything else is false.”

The Buddha said: “A man has a faith. If he says: “This is my faith”, so far maintains truth. But by that he cannot proceed to the absolute conclusion: “This is my faith. This alone is Truth, and everything else is false.””

In other words, a man may believe what he likes, and he may say: “I believe this.” So far he respects truth. But because of this belief or faith, he should not say that what he believes is alone the Truth, and everything else is false.

The Buddha says: “To be attached to one thing (to a certain view) and to look down upon other things (views) as inferior – this the wise men call a fetter.”

2 – The Buddha was against being fanatic or extreme or too attached to any belief system. He said that a belief system is just like a “boat” that help you to cross a huge river from unsafe side to safe side. The boat obviously is very helpful in this cross over process but you should not keep the boat and you should not keep carrying it on your shoulder wherever you go. And you should not be fanatic to the boat and kill or harm others for it.

3 – The Buddha’s advice to rulers and people in positions of power are the followings: “10 Duties of the King”:

First: Liberality, generosity, charity. The ruler should not have craving and attachment to wealth and property, but should give it away for the welfare of the people.

Second: A high moral character. He should never destroy life, cheat, steal and exploit others, commit adultery, utter falsehood, and take intoxicating drinks.

Third: Sacrificing everything for the good of the people, he must be prepared to give up all personal comfort, name and fame, and even his life, in the interest of the people.

Fourth: Honesty and integrity. He must be free from fear or favour in the discharge of his duties, must be sincere in his intentions, and must not deceive the public.

Fifth: Kindness and gentleness.

Sixth: Austerity in habits. He must lead simple life, and should not indulge in a life of luxury. He must have self-control.

Seventh: Freedom from hatred, ill-will, enmity. He should bear no grudge against anybody.

Eighth: Non-violence, which means not only that he should harm no body, but also that he should try to promote peace by avoiding and preventing war, and everything which involves violence and destruction of life.

Ninth: Patience, forbearance, tolerance, understanding. He must be able to bear hardships, difficulties and insults without losing his temper.

Tenth: Non-opposition, non-obstruction, that is to say: he should not oppose the will of the people, should not obstruct any measures that are conducive to the welfare of the people. In other words, he should rule in harmony with his people.

At the end, I just want to ask this question: Is not wonderful to have such teachings from someone who lived over 2500 years ago?

Wow wonderful indeed.

Stop here, just see carefully patiently.

Then, meditate for as long as you can on what you have seen.

This video tells so much.

You see: this is what is happening at the most molecular and atomic level in countless every cell in the Cosmos.

You see: every cell in the Cosmos is actually a micro-Cosmos by itself with full universal intelligence taking its full role in its functioning.

You see: we cannot explain everything based on only the narrow reductionist materialistic view.

You see: Nothing is by chance. Everything is measured very accurately.

You see: There is what many call Universal Intelligence or God but certainly it is not like what most people understand to be God or how God is and certainly God is not like a "white bearded man who is sitting on the throne in the heaven" as some religious people claim.

It is true that all religions are man-made pointers towards God. But God is the Truth. Simply, all one might say is that: God is "all that exists"; God is both "the Manifested and the Unmanifested".

Having said that, it must be always clear that: no one should be harmed or killed in the name of God. God is innocent from this purely human behaviour.

People are free to believe in God or not to believe. People must always be absolutely free to choose for themselves what they like.

You cannot enforce any belief system on anyone. You must understand and accept this fact: "You cannot impose anything on anyone".

"Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists regardless of differences" is the only right principle in life.

Listen to the voice of one most wonderful human being, Mother Teresa, a real embodiment of "Peace, Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Cosmos."

Listen to the voice of true faith that only leads to Peace & Love for all, absolutely all, without any discrimination / exclusion, no otherness, no enemies.

This is the difference between being "religious and spiritual" as in case of Mother Teresa or "religious but non-spiritual" like those millions who kill people and harm people in the name of God.

In every religion and belief system there are those who are "religious and spiritual", those who are peaceful and loving to all.

And also, in every religion and belief system, there are those who are "religious but non-spiritual", those who are full of hatred to others and they harm and and kill others in the name of God.

Mother Teresa never talks about "which religion or which people" but she only talks about peace & love for all, for all that exists in the Cosmos. This is an obvious example of a "religious and spiritual" human being.

The other millions and millions of human beings who are examples of being "religious but non-spiritual" are those full of hatred to others, fight and harm others in the name of their religion and their God.

This is the very clear difference between being "religious and spiritual" and "religious but non-spiritual".

"Spirituality" simply means to have "Peace & Love" for all that exists, for all without any exception or discrimination, for all life forms, for everything in the Cosmos, and above all to even love those unlovable.

This is enough to be said.

My note that inspired by Gabrielle Bernstein's book: "The Universe Has Your Back":

Just now, I learned not to reject the self / anyone / anything / any situation.

Just now, I understand that there are billions of reasons why they are like that.

Just now, I learned, first, to accept the self / anyone / anything / any situation as they are.

Just now, I learned, in the next step, I try to help improve the self / anyone / anything / any situation.

Now, I know very well not to reject.

Now, I removed “reject” from my vocabulary and dictionary.

Now, I learned to keep calm and relax.

Now, I learned to keep silent.

Now, I know God is in control.

Now, I learned to leave the self / everyone / everything / every situation for God.

Now, I completely surrender to God (The Universe, The Universal Intelligence, The Cosmos, Consciousness, The Spirit, The Higher Self, or whatever you want to call).

Unlike other creatures, because the human has “mind”, surely he will choose to have certain beliefs.

The ground of the real life shows that: The human is capable of choosing absolutely “any set of beliefs” (just see the varieties all over the world).

There is no problem with all this because it is just natural.

The problem is that when the human believes that he is only right and all others are wrong.

The problem is that when the human believes that his set of beliefs is the only right and the only truth and all others are false, wrong and infidel.

And thus he become completely “delusional and paranoid”, not realizing that all his set of beliefs are merely byproducts of his own mind and the minds of his ancestors.

The problem is that when those sets of beliefs (those sets of delusions) make him to judge others, make him exclude others, make him hate others and make him declare war, violence and aggression on others.

This is the problem.

This is enough to be said.

A question from a friend: Why Mohammed did not talk about "Dainasours" in his holy book? I answered him with this:

My dear, do not worry, all religions are man made.

But presence of God is truth. There is God although different religions and different people understand God differently.

Also, I want to bring to your attention that religions of Middle East do not talk at all about religions of Far East that is because of the vast geographic distance between them. For example, there is no mention of Buddha or

Buddhism at all in any holy books of religions of Middle East.

My dear, all religions are by products of human mind and there is absolutely nothing from heaven.

But the presence of what is called (The Mystery, The God, The Universal Intelligence, The universe, The Cosmos, The forms and the formless, The Spirit, The Consciousness, The etc.) is true.

If you search and read enough, you will reach this same conclusion that I have reached.

My dear, therefore, the best religion to follow is that which apply the principle of: "Peace, Love, Mercy, Charity, Respect and Tolerance for everyone and everything in the universe regardless of any differences." "Every life form and everything in the Cosmos is sacred, is divine."

Leave anything that teaches you otherwise because those teachings cannot be true and they cannot be divine.

I wish I had 2 things in my life since childhood. Those 2 things are:

1 – Meditation.

2 – Words or teachings of true wisdom.

Those 2 things would have helped me to suffer less, to live better, and to be more happy & content.

My current spiritual life and the awakening that started with reading books of the wonderful spiritual teacher Eckhart Tolle (A New Earth & The Power of Now) are true blessings in my life.

With these 2 things (the meditation and the true wisdom), I feel so calm, so relaxed, so happy, and so content and I live so healthily and so positively contributing so much to myself and to everyone else I reach. I have truly just started living.

My “worldly ambitions & my bodily desires” are not there anymore.

I do not think of or seek those worldly temporary fleeting bodily desires anymore and I do not feel sorry anymore for not having much of those desires and fantasies; they are completely out of my mind.

My Goal is not anymore those worldly ambitions like “name & fame”, “food & sex”, “money & status”, etc.

I am not feeding my “ego” anymore and I have become more human & more humble.

I do not judge anyone anymore although I wish & help everyone I can reach to become more enlightened.

I do not hate anyone and I feel “we all are one” and I see myself in absolutely everyone else on this planet.

I do not exclude anyone from my “Peace, Love, Mercy, Charity, Respect & Tolerance”.

I do not declare war or violence or aggression on anyone or anything on the planet. I do not have enemies at all.

I have completely & totally moved from being “body-conscious” to being “soul-conscious”. And this sentence summarizes it all.

And, above all, I have moved from being “religious or atheist” to being “spiritual” human being. And this sentence also summarizes it all.

The male hormone (testosterone) and violence & aggression of young and adult males:

Violence & aggression is mainly a feature of young and adult males especially when they are deluded by a particular philosophy or religion that rationalizes and encourages violence & aggression against others (the enemies).

As a psychiatrist, I have also seen violence & aggression from those who are under the influence of illicit street drugs and alcohol intoxication.

However, despite everything when males become old, something happens that lead to a change, and that change is cessation of violence and aggression, i.e., as males become old, they stop becoming violent & aggressive at least in their actions.

My conclusion is this: nurture and educate men, get rid of various delusions including those produced by philosophies and religions, and get rid of illicit street drugs and alcohol intoxication, then you will get non-violent non-aggressive males.

Considering myself as a peaceful spiritual human being, I do not want to fight anyone or anything because I just do not want to fight; I am totally peaceful. This includes that I do not want to fight religions.

However, I do peacefully fight those people who violently fight for a particular religion or sect.

It must be made clear for them that: All religions (like all other philosophies) are merely man-made, i.e. they are merely byproducts of human minds (i.e., people like us

created them in the first place) and there is nothing from heaven and nothing is a concrete fact.

Therefore, no one should be killed or hurt or suffer because of religions and philosophies.

Mahatma Gandhi said: “God has no religion.”

Yet, throughout human history till now, more people have been killed in the name of religion than any other cause.

Healthy religious feeling is that which lead to “Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists.”

It is true that there is what is called (God, Consciousness, Spirit, Universe, Source, Universal Intelligence, One, etc.). This is true.

However, without any doubt, all religions and all philosophies are man made, i.e. they are byproducts of human minds. This must be clear to everyone.

If you read and search enough, you will reach this same conclusion.

This is enough to be said.

Those seeking refuge in alcohol and street drugs are not only seeking fleeting pleasure (although this fleeting pleasure is soon followed by prolonged deep pain and deep depression) but also they run away from their painful reality which is created by their mind in the first place.

Simply, what they do through alcohol and street drugs is to numb their minds; they run away from their painful reality that is created by their mind in the first place.

This means their “mind is the problem” and they run away from their mind.

You see: human being’s main problem is his mind.

Animals do not have that kind of mind and that is why they do not suffer and they do not become addicts. Also, animals do not suffer from mental health problems.

To conclude: human being’s main problem is his mind. That is why they seek refuge in alcohol and street drugs to numb the mind. Also, this mind causes all sorts of mental health problems.

All what I can strongly suggest here is to read Eckhart Tolle books (The Power of Now & A New Earth) that teach how to deal with your mind so that you do not suffer and you do not become addict on alcohol and street drugs and so that you do not suffer mental health problems.

Whenever you hear or discover something or an idea, remember that is not the “full truth”; it is just one facet of the truth; it is just a sign post or a pointer to the truth; it is just one version; it is just one perspective.

Always remember, there are endless facets of the truth and they are equally valid; there are countless sign posts and pointers to the truth and they are equally valid; there are endlessly different versions and different perspectives and they are equally valid; there are always infinite possibilities and they are equally valid.

Thus, always remember, what you have known is just one perspective (not a full fact).

Have the attitude of always wanting to learn from others, from anyone or anything.

Do not have the attitude that you know it all and that you know the full and the absolute truth and that you do not need to learn anything else more.

How much burden I was carrying?

The past burden and the future burden because I was not living in the present. I was not living here and now.

How much regret and how much worry I had?

I had extremely too much regret about the past and extremely too much worry about the future. The past that has already gone and nothing can be done about it. The future that has not come yet and might never come.

I was unable to forgive and forget.

I thought I should do everything for myself and my beloved ones who are spread all over the world. This was a huge burden and huge worry.

I thought I must change the world. What a huge task and a huge burden?

Because of all above, I was not happy at all, I was not positive at all, I was not optimistic at all, I was not living at all, I was extremely pessimistic, extremely miserable, extremely sad, extremely depressed and extremely anxious

at all times. My pain and suffering never stopped. OMG how much I was in pain and suffering!

All that gone immediately once I learned 4 spiritual principles and they are:

1 – Only live in the present moment, live here and now.

2 – Always forget and forgive (yourself and all others) – there are millions of reasons why they are like that.

3 – Now, I know that God does everything for me and for my beloved ones and for every life form that exists. God is for everyone and looks after everyone. I do not need to worry anymore. God has taken all that responsibility and I just need to relax and surrender to God. In this life or in another life time, God will guide and enlighten everyone. God does everything for everyone. What a relief is this. No worries at all anymore.

4 – I only need to change myself – I do not need and I cannot change anyone else. I am only responsible for myself and not responsible for anyone else. I cannot control others' actions and I am not responsible for others' actions; I am only responsible for my reactions and I can only control my reactions.

Now, I am light with no burdens, free, happy with no regrets or worries, content, relaxed and reassured. Thanks Lord.

The Drama in the World

There is a huge drama in the world (individuals, families, tribes, communities, nations and religions competing with each other and fighting each other).

Try not to participate in the drama.

Do not be part of this huge drama going on at all times.

Try to find a quite peaceful corner and stay back from this terrible painful drama and give your total peace to absolutely everyone.

Be non-judgmental, non-reactive, non-defensive, harmless to everyone, peaceful to everyone, totally surrendering to God (to Universe).

Remember, there are millions of reasons for why people and things are the way they are.

Stick to the principle of: "Peace, Love, Mercy, Charity, Respect & Tolerance for absolutely everyone and everything because everyone and everything is sacred, is divine."

Remember, when you look at anyone, she/he is you; you are both One. See yourself in others and see others in yourself. What makes you different is only your minds (your thoughts).

Just finished reading transforming life-changing spiritual book “Conversations with God” by the wonderful spiritual teacher Neale Donald Walsch.

Thanks for my friend on Facebook Maureen Bray who recommended it to me. I in turn strongly recommend it to everyone.

Conversations with God – Book 1 https://www.amazon.co.uk/Conversations-God-Book-Uncommon-Dialogue/dp/0340693258/ref=sr_1_1?s=books&ie=UTF8&qid=1488637658&sr=1-1&keywords=conversations+with+god+book+1

Conversations with God – Book 2 https://www.amazon.co.uk/Conversations-God-Uncommon-Dialogue-Bk-2/dp/0340765445/ref=sr_1_1?s=books&ie=UTF8&qid=1488637729&sr=1-1&keywords=conversations+with+god+book+2

Conversations with God – Book 3 https://www.amazon.co.uk/Conversations-God-Uncommon-Dialogue-Bk/dp/0340765453/ref=sr_1_1?s=books&ie=UTF8&qid=1488637783&sr=1-1&keywords=conversations+with+god+book+3

Love manifests in every way.

The principle of truly spiritual people is not "give & take" but it is "give & give".

Whatever you give, it automatically come back to you multiplied.

Thus, give "Peace & Love".

Middle Eastern and Western people need to learn a lot from Eastern philosophy.

On the ground of the real life: we get what we give and we give what what we get.

We must therefore be peaceful forgiving loving human beings so that we stop those vicious circles of violence & aggression; otherwise, cycles of offence and revenge will continue for ever.

We need to blame no body for those cycles of offence and revenge but only to blame our low level of mental health and our low level on consciousness.

Positivity, smiling, laughing are contagious. The spread like light.

Unfortunately, similarly negativity is contagious and also spread like light.

Therefore, please, adopt & spread positivity, smiling & laughing.

What removes love among human beings is their brainwashed minds, their ideologies, their ego. We are Love. God is Love.

This is how we want the human beings. Not only peaceful, harmless, caring, sharing, positive, kindhearted, gentle, but also loving, extending their unlimited love to absolutely everyone and everything in the Cosmos. Just like this little girl. This is what we call civilized people – people who are full of peace & love.

Jesus is "Peace, Love, Mercy, Charity, Respect & Tolerance" for everyone and everything in the Cosmos. This is Jesus. I love you Jesus.

Always remember the basic that you are: Body, Mind & Spirit.

1 – You are Body. Enjoy your body and look after your body by treating it as a “temple” by not putting anything harmful in it such as street drugs and excessive alcohol. Remember your body is not permanent. Your body is subject to the natural law of birth and death. You start dependent on others and end up dependent on others and in between periods of physical illnesses making you bedridden. Eventually your body will become dust and then nothing. That is to say, from nothingness to nothingness.

2 – You are Mind. Your mind creates your reality and your world. Everything and every creation start with a thought. Therefore, make sure you make all your thoughts “peaceful, loving and positive” so that you create a world and an environment for you that is peaceful, loving and positive. Always clean your mind from negativity and hatred. Avoid being judgmental. Do not compare. Accept and live in the present moment. Understand that there are millions of reasons why people and things are the way they are. Remember your mind is also temporary subject to the natural law of birth and death. Thus do not identify with your mind and do not allow your mind to dominate you. Your mind is your Ego. Thus do not allow your Ego to dominate you. Build your mind by actively gaining and

acquiring knowledge and wisdom. Make sure your only principle in life is: “Peace, Love, Mercy, Charity, Respect & Tolerance for all that exist. And everyone and everything in the Cosmos is sacred, is divine.”

3 – You are Spirit. Unless you add this “spiritual dimension” to your understanding and your life, there will always be something very big missing. When I was atheist I suffered so much because of the reductionism that we are physical being only. It was a big relief for me that I added the spiritual dimension to my understanding and to my life. Build your spiritual aspect by reading spiritual books like “The Power of Now” and “A New Earth” by Eckhart Tolle, “Conversations with God – book 1, 2 and 3” by Neal Donald Walsch, “The Secret” by Rhodna Byron, and many other transforming, life changing, wonderful spiritual books. Beside this, you need to “meditate” every day. Just sit calm, silent and relaxed and contemplate. Meditation is a must – I do it even when I walk or wait or sit in a bus.

Gain, develop & spread insight.

Everyone is you. See yourself in everyone.

"Peace & Love" is everything in Life. Show your humanity.

"Love & Care" create real miracles.

"Peace, Love, Care & Share" is everything in Life.

You get what you give multiplied.

See yourself in everyone else.

See your self in her/him. They are you.

Hugs is "Peace & Love" everyone need it.

Teaching "Peace & Love" to the new generations in Japan and Australia.

This is what we should teach our children at home, in school and everywhere.

All what we all need is to learn and teach the only principle of:

"Peace, Love, Mercy, Charity, Respect & Tolerance for absolutely everyone and everything in the Cosmos and that everyone and everything in the Cosmos is sacred, is divine."

Men can only become civilized when they make children and women the centre of attention.

Men can only become civilized when they put children and women first.

This is just one opinion.

This is just one perspective.

This is just one facet of the truth.

See before "Love & Care" and after "Love & Care".

This is the power of "Love & Care".

See the human beings before the Mind takeover.

You see "Peace & Love" is everything in Life.

More people die because of Religion than because of any other cause.

This is the case throughout human history till now.

This is the case since humans created religions.

You get what you teach. The universal law of Karma (the law of attraction) remains true and accurate.

"Rock – Logic" (i.e. violence & aggression) is not the language of God. It is the language of sick-psychopath-sociopath-criminal humans.

The language of God is "Water –Logic" (i.e., Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists in the Cosmos despite any differences). This is the only language of God.

My dear, do not worry, all religions are man made.

But presence of God is truth. There is God although different religions and different people understand God differently.

Also, I want to bring to your attention that religions of Middle East do not talk at all about religions of Far East that is because of the vast geographic distance between them. For example, there is no mention of The Buddha or Buddhism at all in any holy books of religions of Middle East.

My dear, all religions are byproducts of human mind and there is absolutely nothing from heaven.

But the presence of what is called (The Mystery, The God, The Universal Intelligence, The universe, The Cosmos, The forms and the formless, The Spirit, The Consciousness, The etc.) is true.

If you search and read enough, you will reach this same conclusion that I have reached.

My dear, therefore, the best religion to follow is that which apply the principle of: "Peace, Love, Mercy, Charity, Respect

and Tolerance for everyone and everything in the universe regardless of any differences." "Every life form and everything in the Cosmos is sacred, is divine."

Leave anything that teaches you otherwise because those teachings cannot be true and they cannot be divine.

As you see there is Universal Intelligence.

There is universal, collective and individual intelligence / consciousness (some people call this God, Spirit, Source, One, Universe, etc.).

Everything is based on Love.

2 things totally changed my life and enlightened me, they are:

1 – Reading spiritual books like "The Power of Now" and "A new Earth" by Eckhart Tolle and "Conversations with God"

by Neal Donald Walsch and many other wonderful books by wonderful modern spiritual teachers.

2 – Practicing Meditation. Now, I practice meditation everyday at least for 2 hours and some day much longer. It is time for focus and reflection and being with God. It is time for wisdom and mind relaxation.

My only principle in life is:

"Peace, Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Cosmos.

Everyone & Everything in the Cosmos is sacred, is divine."

The human mind (human thoughts = ideologies, philosophies, etc.) is the biggest enemy of the human race and other creatures and the environment.

There is only one evil (only one enemy) and that is "human unconsciousness".

Tell all others, sorry, I cannot be put in a box because I am bigger than any of those countless artificial boxes created by human minds, my:

Birth Place is: Earth

Race is: Human

Politics is: Freedom

Religion is: Love

Death can come at absolutely any time.

Yes, any time.

Any time.

Never undermine the sacrifice that was paid for equality.

It did not happen easily.

But the civil right leader Martin Luther King insisted on having it peacefully as much as possible believing in Mahatma Gandhi's principle of peacefulness and non-violence. Peace, Love & Mercy of our Lord be upon their souls.

This is just one example of humans inflicting pain and suffering on other humans.

This is just one example of humans eradicating some other humans.

The human past and the present is full of these barbaric examples.

All these atrocities caused by "human mind" (human thoughts) and that is why the worst human enemy is their "minds".

Yes, our mind is our worst enemy.

Thus, never identify with your mind (that is to say, never identify with your thoughts: never identify with those

delusions you learned and brainwashed from your environment and culture).

Always, return to Peace, Love, Mercy, Charity, Respect & Tolerance.

This is our true and original nature. This is our Soul.

Thus, identify with your Soul (do not identify with your mind, do not identify with your body).

Only identify with your Soul.

Soul is the place of Peace, Love, Mercy, Charity, Respect & Tolerance.

My childhood friend father of 4 children who ended up refugee in Canada 27 years ago declared on his Facebook page that: "On 6/1/2017 he reached a conclusion that there is no God". I replied to him with the following comment:

My dear, it depends on how you define God. It all depends on your definition of what is God.

God is this mystery in the universe.

It is true, religions are man-made and cause people to go away from the notion of God. But they are pointers to God, to the truth.

My dear, there is too much suffering with being atheist. I know this from my personal experience for 2 decades. Thus, I do not want you to suffer like me especially at this stage of your life.

Please, read these books:

1) The Power of Now & A New Earth by Eckhart Tolle. These 2 books brought me back to God & spirituality (not religion).

2) Conversations with God (book 1, book 2 & book 3) by Neale Donald Walsch.

These 2 authors & spiritual teachers and many other similar modern spiritual teachers are very gifted wise

modern spiritual teachers and they have transformed and changed life of millions in the modern world.

They will let you know what is God and they will lead you to the true spiritual path as they did to me.

Sorry, I cannot be more helpful at this stage.

Teaching hatred, violence & aggression is not a new thing in this religion because it goes back to the origin of this religion.

Teaching hatred, violence & aggression against other sects, other religions and other philosophies is core part of this religion. I know this from first hand experience because I was educated in a mosque.

"Jihad" (holy war) is sick-psychopath-sociopath-criminal main principle of this religion.

People of this religion must reform and reform their religion millions of times; otherwise, cycles of hatred, violence & aggression will never end; and otherwise, it will

never be compatible with the normal natural human common sense.

This is enough to be said.

"Rock – Logic" (i.e. violence & aggression) is not the language of God. It is the language of sick-psychopath-sociopath-criminal humans.

The language of God is "Water –Logic" (i.e., Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists in the Cosmos despite any differences). This is the only language of God.

The absolute truth that I have learned so far in my life is:

"Peace & Love is everything".

"Peace for & Love of everyone and everything in the Cosmos without any exception, i.e. even loving the unlovable."

Thank you. I have nothing more to say.

This is living in peace & harmony.

This is giving: "Peace, Love, Mercy & Care". Nothing can stop this.

Please, choose "Peace, Love, Mercy, Charity, Respect & Tolerance".

We all just need these 6 things.

Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists in the Cosmos.

Everyone and everything is sacred, is divine.

When I remind myself that there are millions of reasons why things and people are the way they are, I stop judging others and I feel compassionate towards them.

I see myself in everyone else and thus my compassion and love for them increase.

I see enlightened beings like Jesus and Buddha disguised in them, in everyone.

I see their weaknesses and vulnerability also in me.

All these make me stop judging others or myself.

Meditation, contemplation and reflection really help me to get rid of my attitude to judge others or to judge myself.

Having said that, although I stopped judging others, I do judge actions and behaviours.

Exactly, as Jesus said: "Judge the sin, not the sinners".

To me, for example, hatred, violence & aggression are wrong while peace, love, mercy, charity, respect & tolerance are right.

Whenever you hear or discover something or an idea, remember that is not the “full truth”; it is just one facet of the truth; it is just a sign post or a pointer to the truth; it is just one version; it is just one perspective.

Always remember, there are endless facets of the truth and they are equally valid; there are countless sign posts and pointers to the truth and they are equally valid; there are endlessly different versions and different perspectives and they are equally valid; there are always infinite possibilities and they are equally valid.

Thus, always remember, what you have known is just one perspective (not a full fact, not the full truth). Do not be fanatic to it. There are endless equally valid perspectives.

Have the attitude of always wanting to learn from others, from anyone or anything.

Do not have the attitude that you know it all and that you know the full and the absolute truth and that you do not need to learn anything else more.

My gift to you and to everyone in 2017 is to introduce you to a life changing book, a really transforming book:

"The Secret" by Rhonda Byrne

I have read this book twice within 2 weeks and I will keep reading it again and again throughout my life.

I am adding this book to my "spiritual bag"; that bag that contain only such life changing and life transforming books that I read again and again throughout my life. These books are my "bible".

Please, please, please, order this book now and read it as soon as possible and make this your priority.

What is Law of Karma?

Karma means action.

The Law of Karma simply is: "we reap what we sow".

Others' actions is their Karma, your reactions is your Karma.

We cannot control others' actions but we can control our reactions.

Make your thoughts, feelings and actions peaceful because they will come back to you as they are.

The 12 aspects of the Law of Karma:

1 – The Great Law: whatever we put into the Universe will come back to us. This means, our thoughts become our reality. What we think about will become our reality and our world. Thus get thinking right. Only think of peaceful–positive–healthy things. Totally remove any negativity from your mind. What you think will become your life.

2 – The Law of Creation: life does not happen by itself, we need to make it happen. This means, we need to start and

the first step in the creation of anything is in the mind, in the thoughts. Every creation and everything started as a thought, imagination and visualisation in the first place. You can create whatever you want by starting to think about. Thinking about comes first.

3 – The Law of Humility: one must accept something in order to change it. This means, always acceptance comes first, and then you can change it. So accept your life as it is but then start changing it as much as possible.

4 – The Law of Growth: when we change ourselves, our lives follow suit and change too. This means, change your thinking first, and then everything will follow that and will change. Remember, everything start with thinking.

5 – The Law of Responsibility: we must take responsibility for what is in our lives. This means, our past (whether in this life time or in previous life times) has created our present. And our present will create and shape our future. We are absolutely responsible for what is in our lives. We must accept this responsibility.

6 – The Law of Connection: the past, present and future are all connected. This means, our past resulted in our current present and our current present will result in our future. We create our lives and we write our chapters and books.

7 – The Law of Focus: we cannot think of 2 different things at the same time. This means, we can only have one thought at a time. It is estimated that we have 60000 – 70000 thoughts every day but still just one thought at a time. We need to know what we want and we need to only think about what we want so that we get exactly that.

8 – The Law of Giving and Hospitality: our behaviours should match our thoughts and actions. This means, always our actions and behaviours follow our thoughts – our actions and behaviours reflect our thoughts. That is why, work on your thoughts and your actions and behaviours will automatically match that.

9 – The Law of Here and Now: one cannot be present if they are looking backward. This is the most important thing to know. This means, you must always be present in the present moment. Live moment by moment, day by day, in the present time. Do not get indulged in the regrets and memories of the past and not in the worries, dreams and wishful thinking of the future. Only live in the present moment (here and now) that is all what we always have. Forget regrets of the past and forget worries of the future. Live in the present moment, here and now.

10 – The Law of Change: history repeats itself until we learn from it and change our path. This means, everything happens in a cycle. Things repeat themselves. People meet each other again and again. Opportunities never stop.

Everything is in continuous change. We can always change our thoughts and thus change our lives – we always have a choice to change our thoughts. Once we change our thoughts, we get what we think about.

11 – The Law of Patience and Reward: the most valuable rewards require persistence. This means, persist with your thoughts and you will eventually create your life as you want. Thinking is first. Thus, persist in thinking and telling the Universe what you want.

12 – The Law of Significance and Inspiration: rewards are a direct result of the energy and efforts we put into it. This means, thinking first, feelings will follow thinking and actions will follow thinking and feelings and thus you create your life as you want. The Universe will do everything for that to happen.

Finally, I want to say that Western and Middle Eastern religions need to learn from Eastern and Far Eastern religions.

Secrets of the Universe!

The Universe (also known as God, Spirit, Source, Consciousness, Universal Intelligence, Soul, etc.) looks after absolutely everyone and everything in the Cosmos including your beloved ones and your dearest friends and thus do not worry about anyone and let the Universe take care of everyone.

You can fully relax and be sure that the Universe is looking after absolutely everyone and everything in the Cosmos.

There is so much love for absolutely everyone and everything in the Cosmos from the Universe. Thus please no worries at all. Just relax and let the Universe do the job of looking after absolutely everyone and everything.

I suffered so much before I realized this and before I knew this secret of the Universe. Before this realization, I was trying to do it all myself and thus I was carrying this extremely heavy burden.

Now, I am totally relaxed and light because that was originally the burden of the Universe that I was trying to carry it. You can depend 100% on the Universe and nothing will be missing and nothing will go wrong.

The Universe guides absolutely everyone and everything. Please, no worries because eventually everyone will be enlightened, saved and set free whether in this life time or in another life time (All souls live endless life times).

Remember, another secret and that is: There are millions of reasons why people and things are like that at any moment but no worries the Universe is constantly guiding absolutely everyone and everything. Just relax and just constantly express gratitude to the Universe and its instruments like other people, events and situations.

Everything falls in place. Just relax and take it easy and be fully happy and content.

Remember, the Universe might not give you "what you want" but will always give you "what you actually need" at any moment. This secret of the Universe is always true and accurate.

Human beings consciousness is rising.
Also, animals consciousness is rising.
Thanks Lord.

Children really enjoy nature.

Children really enjoy life.

All that because their minds has not taken over their souls yet.

They do not have ego yet.

They are not brainwashed yet by all kinds of delusions and philosophies.

They just live and enjoy minute by minute.

They are not preoccupied by regrets of the past or worries of the future.

They do not have regrets and worries.

Look at these miracles of life and nature.

Look at the oneness of the Cosmos and nature which includes us as human beings.

Everything in life is a real miracle.

Everything in your life is a miracle.

You get what you think.

Your thoughts create your world.

Change your thoughts, you change your world.

It is as simple as this.

First, do not judge anyone or any situation because there are millions of reasons why they are like that.

Second, try to understand them by just seeking a little more information regarding why they are like that.

Third, accept them as they are.

Fourth, embrace them with unconditional love and pray for them.

That is to say, do not allow any trace of negativity in your mind and heart (i.e. do not allow any trace of negativity in your thinking and feeling).

That is to say, apply the principle of: "Peace, Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Cosmos and that everyone and everything in the Cosmos is sacred, is divine".

Please, apply the above and see how it will radically change your life.

Yes, absolutely. You can only change yourself. You cannot change others. However, you can help others so that they change themselves by themselves for themselves.

Those seeking refuge in alcohol and street drugs are not only seeking fleeting pleasure (although this fleeting pleasure is soon followed by prolonged deep pain and prolonged deep depression) but also they run away from their painful reality which is created by their mind in the first place.

Simply, what they do through alcohol and street drugs is to numb their mind; they run away from their painful reality that is created by their mind in the first place.

This means their “mind is the main problem” and they run away from their mind.

You see: human being’s main problem is his "mind".

Animals do not have that kind of mind and that is why they do not suffer and they do not become addicts. Also, animals do not suffer from mental health problems.

To conclude: human being’s main problem is his mind. That is why they seek refuge in alcohol and street drugs to numb their mind. Also, this mind causes all sorts of mental health problems.

All what I can strongly suggest here is to read Eckhart Tolle books (The Power of Now & A New Earth) that teach how to deal with your mind so that you do not suffer and so that you do not become addict on alcohol and street drugs and so that you do not suffer mental health problems.

This is a very deep thinking, please, do meditate on it a lot.

Never judge simply because you do not know the bigger picture.

There are millions of reasons why people & things are the way they are.

But peacefully gently always try to improve things and help others to improve.

We are most normal and natural when we are children (i.e. before we learn delusions from our environments and cultures).

Considering myself as a peaceful spiritual human being, I do not want to fight anyone or anything because I just do not want to fight; I am totally peaceful. This includes that I do not want to fight religions.

However, I do peacefully challenge those people who violently fight for a particular religion or sect.

It must be made clear for them that: All religions (like all other philosophies) are merely man-made, i.e. they are merely byproducts of human minds (i.e., people like us created them in the first place) and there is nothing from heaven and nothing is a concrete fact.

Therefore, no one should be killed or hurt or suffer because of religions and philosophies.

Mahatma Gandhi said: "God has no religion."

Yet, throughout human history till now, more people have been killed in the name of religion than any other cause.

Healthy religious feeling is that which lead to "Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists."

It is true that there is what is called (God, Consciousness, Spirit, Universe, Source, Universal Intelligence, One, etc.). This is true.

However, without any doubt, all religions and all philosophies are man made, i.e. they are byproducts of human minds. This must be clear to everyone.

If you read and search enough, you will reach this same conclusion.

This is enough to be said.

The male hormone (testosterone) and violence & aggression of young and adult males:

Violence & aggression is mainly a feature of young and adult males especially when they are deluded by a particular philosophy or religion that rationalizes and encourages violence & aggression against others (the enemies).

As a psychiatrist, I have also seen violence & aggression from those who are under the influence of illicit street drugs and alcohol intoxication.

However, despite everything when males become old, something happens that lead to a change, and that change is cessation of violence and aggression, i.e., as males become old, they stop becoming violent & aggressive at least in their actions.

My conclusion is this: nurture and educate men, get rid of various delusions including those produced by philosophies and religions, and get rid of illicit street drugs and alcohol intoxication, then you will get non-violent non-aggressive males.

The absolute truth that I have learned so far in my life is:
 "Peace & Love is everything".

"Peace for & Love of everyone and everything in the
 Cosmos without any exception, i.e. even loving the
 unlovable."

Thank you. I have nothing more to say.

Applying the principle of: "Peace, Love, Mercy, Charity,
 Respect and Tolerance for everyone and everything in the
 universe regardless of any differences."

Everyone, every life form and everything in the Cosmos is
 sacred, is divine.

Leave anything that teaches you otherwise because those
 teachings cannot be true and they cannot be divine.

Unlike other creatures, because the human has "mind",
 surely he will choose to have certain beliefs.

The ground of the real life shows that: The human is
 capable of choosing absolutely "any set of beliefs" (just see
 the varieties all over the world).

There is no problem with all this because it is just natural. The problem is that when the human believes that only he is right and all others are wrong.

The problem is that when the human believes that only his set of beliefs is right and the only truth and all others are false, wrong and infidel.

And thus he become completely “delusional and paranoid”, not realizing that all his set of beliefs are merely byproducts of his own mind and the minds of his ancestors.

The problem is that when those sets of beliefs (those sets of delusions) make him to judge others, make him exclude others, make him hate others and make him declare war, violence and aggression on others.

This is the problem.

This is enough to be said.

A question from a friend: Why Mohammed did not talk about "Dainasours" in his holy book? I answered him with this:

My dear, do not worry, all religions are man made.

But presence of God is truth. There is God although different religions and different people understand God differently.

Also, I want to bring to your attention that religions of Middle East do not talk at all about religions of Far East that is because of the vast geographic distance between them. For example, there is no mention of The Buddha or Buddhism at all in any holy books of religions of Middle East.

My dear, all religions are byproducts of human mind and there is absolutely nothing from heaven.

But the presence of what is called (The Mystery, The God, The Universal Intelligence, The universe, The Cosmos, The forms and the formless, The Spirit, The Consciousness, The etc.) is true.

If you search and read enough, you will reach this same conclusion that I have reached.

My dear, therefore, the best religion to follow is that which apply the principle of: "Peace, Love, Mercy, Charity, Respect and Tolerance for everyone and everything in the universe regardless of any differences." "Every life form and everything in the Cosmos is sacred, is divine."

Leave anything that teaches you otherwise because those teachings cannot be true and they cannot be divine.

My advertisement on Facebook:

The 2 books by Eckhart Tolle: “A New Earth” & “The Power of Now”

I have always dreamed of a book to calm and rest my mind, and these 2 books wonderfully did that. I have always dreamed of a book to calm me psychologically, emotionally, intellectually, mentally and spiritually, and these 2 books exactly did that.

I have always dreamed to find the most wonderful knowledge & wisdom in whole the world, both eastern & western; and these 2 books provide just that in a simple easy to read way.

I have always dreamed of a book to answer absolutely all my questions: intellectual, psychological, emotional, spiritual, and every other questions that I might have; and these 2 books provide all the answers. After reading these 2 books, I felt absolutely cured, rested, calm & content, and at peace (at total peace within myself and at total peace with the rest of the world).

If I have to live alone or in a deserted island, I will take with me these 2 books and they shall be enough. And if I would like to live an active life with all other life forms (other human beings, animals, plants, all other life forms in the Cosmos), these 2 books give enough and wonderful guidance to live happily & peacefully with all that exist. These 2 books amazingly contain all answers and absolutely everything that anyone might need. What is more, these 2 books are the real cure to the madness of the human mind.

I always dreamed to have a book that transforms me mentally, psychologically, emotionally, spiritually and in every other way; these 2 books exactly do that. After reading these 2 books, I cannot live without reading them always, I would love to read them whenever I have time and that is why I carry a copy of them in my bag wherever I go at all times; and I am sorry to say that I see all other books are nothing in compare to these 2 books. If you are intellectual, all what you need is these 2 books.

After reading these 2 books, I feel absolutely happy & content in every aspect regardless of my life circumstances, nothing can make me unhappy, nothing can make me discontent, nothing can make me afraid, nothing can make me unable to cope with whatever life might bring in my way, and, above all, nothing can make me feel worthless.

I wish I had read these 2 books when I was young (not at age 47 but it is never too late) so I could have saved myself from so much suffering, and lived happier, and had a better quality life. These 2 books are definitely what everyone needs to read before they die.

After you read these 2 books and you feel totally transformed and enlightened, you will have no option but to recommend them to absolutely everyone else just as I am doing now.

These 2 books will really lead you to start an amazing, happy, peaceful and fulfilling journey, as it is happening to me right now and right here. Enjoy your own amazing, peaceful, loving & caring journey.

These 2 books have been translated to over 35 languages; you might want to get them in your language. You can order both books online for less than £10. Alternatively, you are just one click away from starting reading them online:

“The Power of Now”:

<http://files.shroomery.org/.../6584522-EckhartTolle-ThePowerO...>

“A New Earth”:

http://www.oplysning.org/.../91.../a_new_earth-eckhart_tolle.pdf

Now, we have enough quality knowledge & wisdom through these 2 books and all what we need to do is to spread that quality knowledge & wisdom to everyone else on the surface of this planet and put it into practice at every level (at individual level, at family level, at local community level, at national level and at international level). Please, enough over-thinking. Please, enough selfishness. Please, enough laziness. At every moment, there are so many people enduring suffering because they do not know this quality knowledge & wisdom.

Do not fight darkness; just spread light. Try not to criticise others and not to judge others. Only try to spread the wisdom, the light, the healthy principles, the healthy values and the healthy rules and regulations in the world. Only try to clean hearts and minds of yourself first and then of the others. We can only feel normal, natural, healthy, positive, constructive, and civilized human beings when we extend our “peace, love, mercy, charity, respect and tolerance” to

absolutely everyone and everything in the Cosmos regardless of any differences.

Lessons 1 – 20 from:

“An Angel Whispered” by Patricia Tashiro [ISBN: 978-1-84694-428-4]

Here, I will only choose short sentences from each section of the book. But, please, get the book and read it repeatedly regularly.

Introduction:

I see that I was searching for what I was meant to be “doing” rather than trying to figure out who I was meant to “be”. Of course, now I realize the “doing” does not matter nearly as much as the “being”. And, in fact, we ought to be in a state of “being” no matter what we are “doing”.

Dadi Janki said: “We spend our lives filling our heads with knowledge, but if our hearts are empty, how can we be of any use to humanity?”

And in other cases, she corrected me, pointing out that if I really wanted to change the world I had to change “myself” – not convince others to change themselves. And so this became my purpose in life – to change myself.

As for the structure of the book, Part One focuses on the Wisdom of Happiness and describes how I am making an effort to shift my thinking to restore my peace of mind. Part Two focuses on the Practice of Happiness, which describes how I am shifting the way I think, speak, and act so I can bring love back into my heart.

My teacher often says happiness is experienced when you have peace of mind and love in your heart.

Part One: The Wisdom of Happiness – Restoring Peace of Mind

Lesson 1: Why Do We Suffer? Why is There Pain?

Pain and suffering are different. Pain is of the body while suffering is up in the mind. Pain is inevitable from which there is no escape while suffering is optional, it is from the thought you create (for example, you are living in the past or fearing the next day; you are dreading what is; you are clinging or resisting; when you are hanging on, suffering

tells you to let go; suffering is necessary to push you to change so you can grow.

It was not until I learned that our thoughts make us suffer, and not what is actually happening around us, that I began to see how suffering could be optional. Since we create our thoughts, we determine whether we suffer or not depending on the thoughts we create.

My teacher has said, “If you look at saints and sages, they do not suffer. No matter what they face – even physical pain – they do not suffer. This is because they are said to be “friendly with the inevitable”. They do not resist what is. They do not wish for things to be different than they are. They are in a state of acceptance and of fullness, which enables them to be in a state of love.”

Buddha said: “Suffering is necessary until you realize suffering is no longer necessary.”

Lesson 2: Why Are We Here? What Is Our Purpose?

You are meant to be happy. To be able to do this, two things you must find: Love in your heart and peace in your mind. So that is your purpose. Learn to be happy. If people were happy to the centre of their core, would there be conflict? Would there be war? Mahatma Gandhi said: “You must be the change you wish to see in the world”.

Unfortunately, most people do not try to change the self. Instead they try hard to change everyone else! This causes

pain and makes people suffer. The harder they try it only becomes tougher.

Happiness is actually an internal pursuit and has nothing to do with pleasure. Happiness is experienced when we can bring peace into our minds and feel love in our hearts. It is a deep state of contentment when we do not need anything from anyone. When we can do this, and are completely content, we want the best for ourselves and everyone. Then we become truly generous, not in terms of giving other people our money, but in terms of giving other people permission to be who they are. In this state, we give everyone the gift they long for, which is the feeling of being accepted and having a sense of belonging.

Brahma Baba said: "People only hurt other people when they are unhappy." When we cannot bear the pain within, we seek to release it and, inevitably, someone is hurt. When we are happy, we cannot harm the self or others.

I thought we need to fix everything "out there" so we could be happy "inside". But in fact, we cannot fix anything out there until we are happy on the inside.

The constitution of UNESCO states: "Since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed." I can see now that if we want peace in the world, then we must learn how to bring peace into our minds.

Dalai Lama said: "I believe the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believe in this religion or that

religion, we are all seeking something better in life. So, I think, the very motion of our life is towards happiness ...”

Lesson 3: How Can I Be Happy When Life Is So Unfair?

My happiness was not my own. For the most part, happiness was something I took from the outside and brought inside. [Watching TV: good news would make me happy and bad news would make me miserable; on day to day life: positive people would make me happy and negative people would make me miserable.] But I soon learned that we feel according to the thoughts we have. We only feel disappointed, insulted, hurt, or angry when someone has not done as we wished. We had a thought – an expectation or desire – that someone should act a certain way, and he or she failed to do so. This is what made us lose our happiness – our expectation – not what the other person actually said or did. And so we live our lives expecting people to sustain us by acting according to how we need them to act so we can be happy. And when they do not, we lose our happiness.

My teacher said: “Like asking an apple merchant for oranges; like asking miserable person for love;; they just do not have what you want them to give. Instead, take responsibility for yourself and do not blame others for not giving you what you wanted. Recognize you misjudged their capacity and learn to give yourself what you require.”

Why was I asking someone else to give me something that I need to learn to give myself?

Martha Washington said: "I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances."

Lesson 4: Why Must We Die?

[Only the body dies and become dust. Only the body knows birth and death cycle. The soul is eternal, not and never subject to birth and death cycle. The soul moves from one life to another, from one body to another. Who you truly are is not your fleeting temporary mortal body but who you truly are is your eternal soul. So do not worry, no one really dies – just bodies die. So do not worry, you and all your beloved ones are eternal.]

Now I see, as my teacher often says, that we never cry for others. We may think we cry for others, but really, we only cry for ourselves. I was not crying for him, but for me, for my loss, for my need to have him with me, and for my own fear of what was to become of me after I died. My tears came from my own needs, my own emptiness.

In truth, we are supposed to be able to sustain ourselves. If we can do this, then we can love and enjoy others while they are with us and then let them go when it is time for them to move on. We need to recognize that other souls come to us for a period of time and then move on when

their time comes. It is as if we are riding on a train to a certain destination and various passengers will get on and off along the way. When they get on, we enjoy their company or learn what we must from them. But when they get off, we need to let them continue on their own journeys without clinging or resisting.

This capacity to sustain the self does not come from knowing about death, but from knowing about life. It is only once we understand this and move into a state of acceptance that we can begin to become “friendly with the inevitable”. But to do so, we must know who we are.

Norman Cousins said: “Death is not the greatest loss in life. The greatest loss is what dies inside us while we live.”

Lesson 5: Who Am I?

[I am a soul. I am a being of peace. I am peace. I am love. This is who I am.]

There are many analogies that clarify what it means to be a soul. One is that, the soul is the driver while the body is the car. The soul drives the body, giving it directions, and the body does as the soul commands. Another analogy is that, the soul is an actor and the body is the costume the actor wears. The soul is not the costume. It is merely playing a role – spouse, parent, child, sibling, employer or employee, of a certain race, nationality, and gender – but that is not “who it is”. So, rather than knowing who

we are – souls playing a role – we begin to believe we are the roles we play. And believing we are something we are not is a recipe for unhappiness.

[What is soul?] Is it a mother or father or child or sibling? Is it male or female? Does it have a race, religion, or nationality? Is it rich or poor? Is it healthy or ill? It is none of these things. These are all ways we describe our bodies and the state of our bodies, which is not who we are.

My teacher describes the soul as an infinitesimal point of energy. Embedded within this point is the record of every thought, word, and deed of the soul while it has played its parts on earth. The original nature of the soul is divine and virtuous. Therefore, at our core, we are good, the embodiment of all of the virtues. The difference among us lies in the depth and strength of our virtues and the extent to which the vices have entered us. Happiness lies in uncovering and strengthening our virtues, while letting go of our vices.

The 5 main virtues are: purity, peace, love, happiness, and wisdom.

The 5 main vices are: lust, greed, attachment, ego, and anger.

When we are coming from a place of virtue, we are free and light. Our relationships are no longer tainted by hidden agendas to receive love or respect from others. All fears and desires fade because our happiness depends on no one. This enables us to give freely of the self, without the slightest thought of receiving anything, like appreciation, approval, or acceptance, in return. In this state, we realize

that we already have everything we need and need not search for anything.

Stephen R Covey said: “We are not human beings on a spiritual journey. We are spiritual beings on a human journey.”

Lesson 6: Why Do We Not Feel Whole?

I was in such a state I could not see what I needed to do, but instead occupied my mind with what everyone else had to do.

But my standard of perfection was quite different from “true” perfection. “True” perfection is when our happiness does not depend on anyone or anything, when we can sustain ourselves no matter what. Anything short of that and there is room for improvement.

Now I know we lose our happiness when we try to project an image of the self and others do not see us as we want to be seen. We are trying to take support from the roles our bodies play to boost ourselves up, but these supports regularly crumble and cause us to fall.

A more subtle way we lose our happiness is connected to our beliefs and the way we conduct ourselves. We tend to think that the way we think, believe, and act is better than other ways. But then, when things do not happen as we hope, or we do not do as well as we think we could have done, we lose our happiness.

When I think I am a body I will think “I am this profession, this nationality, this gender, this” Everything associated with this “I” opens me up to feeling hurt, insulted, or disappointed, depending on the words and deeds of others. Or I will think in terms of possession, “This is my spouse, my child, my” Everything I think I possess opens me up to the fear of loss.

But as a soul, I simply think, “I am a peaceful soul.” In this true awareness of “I”, I cannot be hurt, insulted, or disappointed. I am the embodiment of good qualities and virtues. In truth, a soul owns nothing and so it cannot lose anything. It comes into the world with nothing and will leave with nothing. So, to think I possess anything is a state of falsehood that simply breeds the fear of loss.

Over time I have come to believe the state of the human condition, both individually and collectively, is determined by free choice. When I opened myself up to the idea of a soul living more than one life and the law of karma [which will be explained later], I could see that I had chosen the circumstances I was in, both individually and collectively.

In truth, every thought, word, and deed we have had determines our state of being and the state of the world. As Buddha said: “We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.”

George Santayana said: “Knowledge of what is possible is the beginning of happiness.”

Lesson 7: Who Is God? What Does God Do?

[To summarize it] God is a living Being, a Soul, Who is the embodiment of all virtues. It is only due to the limitations of the English language that we use masculine pronoun to refer to God, but He is both our spiritual mother and father. And, as our parent, He wants the best for us. He does not want us to suffer.

But His role is not to wave a magic and make right every wrong. It is we who must transform ourselves in order to transform the world. If he fixed everything, from where would our self-respect come? From where would our love for the self come? How would we learn to take responsibility for ourselves, for our actions, if God fixed everything we broke? But knowing this, we know we cannot do it on our own. We need God's power to help us help ourselves.

Leighton Ford said: "God loves us the way we are, but too much to leave us that way."

[I just want to add that different people will always believe in different ways and forms, in this very complex subject like many other subjects, and that is absolutely fine and natural because people have different cultural and educational backgrounds and they have different levels of understanding and different etc. But the most important thing is for people to be free to choose whatever understanding they like and people to be let free to be the way they want. Be and let others be. Peace, Love, Mercy,

Charity, Respect and Tolerance for all regardless of any differences. This must be the rule.]

Lesson 8: Why Do Things Happen?

[In Summary, always remember: “You reap what you sow”. This is also called the Law of Karma. Karma means action. All your thoughts, words and deeds come back to you sooner or later, in this life time or in another life time. Therefore, sow what is good, positive, peaceful and pure so that you get it back. Sow peace, love and happiness so that you get them back. Sooner or later, in this life time or in another life time, you will face the consequences of your thoughts, words and actions.]

[We cannot change the past – what we have done before whether in in this life time or in a previous life time – but we have the full choice at the present time, we have the full choice and the full control over our present thoughts, words and actions. Thus, you can start a fresh. You can open a completely new page and new chapter. After we have paid the debt, we can build up credit in our account. At every present moment you have the full freedom to choose what to think, what to say and what to do. Therefore, be wise and think, speak, and act peacefully lovingly positively and constructively and consequently your life will change accordingly sooner or later.]

[We pay for our thoughts, words and actions either immediately or after a while (after days, weeks, months, years, decades, in this life time or in a future life time). No matter when we must pay for our thoughts, words and actions. This is the bottom line.]

Elizabeth Kubler-Ross said: "I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word and thought throughout our lifetime."

Lesson 9: Is There Rebirth? Or Do We Live Once and Leave?

For me the most compelling evidence for rebirth are accounts given by children of previous lifetimes. In the film, "Life, Death, and Rebirth: The Story of Reincarnation", there were numerous accounts of past lives given by small children, and upon investigation the details were indeed verified.

Other evidence to support reincarnation comes through past life regressions.

Interestingly, some great philosophers believed in reincarnation. Socrates said: "I am confident that there truly is such a thing as living again, that the living spring from the dead, and that the souls of the dead are in existence." And Voltaire said: "It is not more surprising to be born twice than once; everything in nature is resurrection."

In spite of the evidence for rebirth, I simply embraced it because it was essential to understand why things happen.

... ..

I do not like the idea of even the most depraved killer being eternally damned to suffer. I much prefer to believe every soul will have a chance – at least a chance – to right the wrongs committed.

Understanding and accepting rebirth and karma also makes me act responsibly, as I no longer think I can get away with anything. I know that somehow, in some way, all I do will come back to me. So, I make sure that I treat myself, others, and the planet with love and respect.

Albert Schweitzer said: “Reincarnation contains a most comforting explanation of reality by means of which Indian thought surmounts difficulties which baffle the thinkers of Europe.”

Lesson 10: How Do I Use the Law of Karma?

Always remember: “You reap what you sow”. This is the law of karma.

The law of karma – if used benevolently – helps and does not harm in every aspect of time.

Past – for the past, Karma helps me to move into acceptance. Whatever has happened, I need to take responsibility for it, as somehow, in some way, I sowed

those seeds. I cannot hang onto anything or blame others for how they treated me. If there is some lesson for me to learn, I must learn it and then let go, as the past cannot be changed.

Present – in the present, karma helps keep me from feeling sorrow about what is happening now. I used to suffer whenever I heard a sad story about someone suffering somewhere. With the understanding of karma, however, I realize all souls are settling their accounts and it does not help others to suffer with them. It also means I can have mercy on those who sow negative seeds, as I know whatever people do will come back to them.

Future – for the future, karma helps me check my actions now to make sure I do everything with good intention. I do not want to sow any more bad seeds, because I know they will bring bitter fruit. Therefore, I need to learn to treat myself and others with love and respect, as that is what I would like to come back to me!

If we want to be happy, the application of karma ought to be benevolent and not used to judge or condemn. We also must not think that the bad things that happen are a form of punishment. We need to think that everything happens to either teach us something new or to settle an account.

... ..

Wayne Dyer said: “How people treat you is their karma; how you react is yours.”

Part Two: The Practice of Happiness: Returning Love to the Heart

Lesson 11: How Can I Create Happiness?

Happiness occurs when there is love in the heart and peace in the mind. Happiness is generated inside. Happiness is not the same as pleasure.

Pleasure is sought from outside. There is physical pleasure like food, drink, sex, etc. and psychological pleasure like getting appreciation, approval and regard from others.

[Pleasure leads to addiction and dependency. It will not make you feel good at all time. In fact it is usually fleeting and short leaving you suffer for long until next fix and this vicious cycle continue.]

[Happiness is not dependent on anyone or anything outside you. Happiness is generated inside and is permanent.]

Please, read the book for detailed explanation.

Confucius said: “The superior man thinks always of virtue; the common man thinks of comfort.”

Lesson 12: Have the “Right” Thoughts

My teacher often says the quality of our thoughts determines the quality of our life.

[Thoughts are of 4 types: negative thoughts, waste thoughts, practical thoughts and positive thoughts. One kind of positive thoughts called “right thoughts” – these are thoughts based on wisdom. Try to increase positive thoughts especially right thoughts. Use practical thoughts when necessary. Get rid of waste and negative thoughts. You have 70000 thoughts every day.]

When your happiness decreases, always remember the followings:

First, “I am a soul. I already have everything I need. I am peace. I am love. I need not take anything from others because I am full. I do not require anything from anyone. And if I am lacking something, then let me give myself what I require.”

Second, “Everything that happens is determined by our karma. At every moment, we are reaping the fruit of the seeds we have sown in the past. There is no reason to become influenced by what happens. Everything is accurate. It must happen to clear our karmic accounts. Everything passes and in the end, everything will be right.”

Third, “A soul owns nothing and so it cannot lose anything. As a soul, I came into this world alone and I will leave on my own. I am a child of God and belong to Him alone. Everyone else is also a child of God and therefore my sibling. Let me have love for everyone, not just for a few.”

Dadi Janki said: “It is the duty of other people to insult and defame you. It is your responsibility to not be affected by what they say.”

When Nelson Mandela was asked why he was not bitter about spending 27 years of his life in prison, he replied with a gentle laugh: “In a way, it was good. It gave me a chance to think.” If only we could all use our thoughts in such a way that no matter what we faced we tried to find some benefit in it.

Albert Einstein said: “The problems that we have today cannot be solved with the same level of thinking that created them.”

Lesson 13: Awareness of the Self

... .. I was very aware of what everyone else needed to do. I could spot everyone else’s faults, defects, and shortcomings, whether of a close relation or a distant president, but not my own.

... .. . This was, of course, because I still believed myself to be perfect!

Now I spend a lot less time thinking about the faults, defects, and shortcomings of others. , as you cannot see in others what you do not have within yourself.

When we decide we want to change the self, and not others, we need to turn our attention inward and follow the path my teacher describes as an ART: Awareness, Realization, and Transformation. We need to become aware of what is happening inside. We must have realizations about the weaknesses we have identified, so we can transform the self.

Realizations occur when we become aware of what was behind whatever we were thinking, feeling, saying, or acting.

The problem with dwelling on others' defects is that we taste the negativity of doing so. My teacher often says when we think negatively about someone "it is like drinking poison and hoping the other will die. When we think negatively, we feel negatively. Other people may be completely oblivious to what we are thinking, but we will feel anger or jealousy or whatever it is that we keep in our minds."

If we keep our awareness on ourselves, we will have realizations. And once we have a realization, we can make a shift within and transform the self. To be able to do this successfully requires great honesty. My teacher believes that honesty – with the self – is essential for happiness.

To be able to increase our awareness and realizations, which enables transformation, we need to know "the enemy within."

Francois de la Rochefoucauld said: "If we had no faults of our own, we would not take so much pleasure in noticing those of others."

Lesson 14: Possess Self-Respect, Not Ego

So if I keep awareness, what should be the effect?
To let go of your ego and possess self-respect.

... .. But in my mind, self-respect was linked to receiving respect from others. And certainly, I had respect for myself as long as others had respect for me. But when others did not give me respect I sought, the respect I had for myself declined and my happiness fell along with it.

... .. But true self-respect is not derived from what we have accomplished. It is not tied to a result, or an outcome, or a temporary status that is here one day and gone the next. It occurs when we realize we do not need to be seen as special or as a celebrity, because in God's eyes, we are all celebrities, we are all special.

Signs of ego include:

First, identifying with the body and thinking in terms if "I" and "mine". For example, I am of a certain nationality, race, gender, religion, etc.; and these are my ideas, beliefs, etc.

Second, getting caught up in the "R's" of reacting, recalling, resisting, rejecting, or seeking revenge.

Third, engaging in the "C's" of comparing, competing, criticizing, or condemning. All of these keep the heart from experiencing love.

Fourth, thinking “I am right”. This includes judging someone as bad or not as good as we think he or she should be,

To restore self-respect, we need to:

A – Remember who we are. I am a soul who is worthy, eternal, and special. Realize no two souls are alike; we are unique and already have everything we need. [God loves all of us equally exactly as a mother loves her children equally without discrimination.]

B – Recognize we have an important role to play. God needs us and cannot do His work on earth without us lending Him the purity of our minds, thoughts, words, and actions.

C – Take responsibility for our state of being and blame no one for it. We need to accept that our thoughts create our feelings and that our karma has drawn certain people and experiences to us, so no one else is to blame for our happiness or sadness.

D – Focus on strengths and have the highest vision of the self and others. While we may think that we have, or someone else has, 99 negative qualities, we must find and focus on the one good quality within us and others.

E – Shift within to stop our suffering by thinking, speaking, and acting in a new way. When we change our state of being through our effort, we feel a sense of accomplishment and goodness within.

I now know self-respect is essential for happiness. But it does not occur after “receiving” respect; it arises after

“giving” it. Only when we give respect, to all people at all times in all circumstances, can our minds become peaceful and our hearts become loving.

Mahatma Gandhi said: “They cannot take away our self-respect if we do not give it to them.”

Lesson 15: Prefer No One, Love All

In self-respect, you won’t prefer one over another.
 You will love all, with the warmth of a mother.
 Know the ego loves opinions and to separate and divide.
 But if you were truly wise, you would never pick a side.

... ..

Or else what will happen? You’ll root for one over another.
 But the one you root against is God’s child and your brother.

Will you cheer his defeat? Will you relish his downfall?
 Will this bring peace of mind and make you feel love for all?

... ..

Jesus said: “Forgive them, Father, for they know not what they do.” I was quite happy to divide the world into those whom I loved and those whom I did not. Essentially, I loved those who did as I liked and I did not love those who did otherwise, which is not exactly Christ-like.

My teacher says the first step toward becoming truly loving towards all is to let go of the false identities associated

with the body and remember who we are. A soul has no religion, nationality, political affiliation, or family ties.

My teacher's teacher said: "If you have hatred, or even the slightest trace of dislike, for even one of God's children, you cannot experience God's love." This is how clean our hearts must be. This is how loving we must become. G. K. Chesterton said it well when he said: "Love means to love that which is unlovable; or it is no virtue at all."

Learning to love all is not just about being in a state of forgiveness, it is about having good wishes for all, not just a few.

True love is for all, not just a few. It does not fluctuate, and so there is no suffering, fear, or loss associated with it. There are no requirements or conditions. It is not a burden placed on someone to sustain our happiness, but rather a treasure we have within that is shared effortlessly with all, at all times. So, love is given, not taken. In a state of love, we are so full we do not need anything from anyone. All neediness has finished and we are truly able to give to anyone.

Antoine de Saint-Exupery said: "Love does not cause suffering: what causes it is the sense of ownership, which is love's opposite."

Lesson 16: Investigate Your Intentions

... .. But restoring our happiness is actually the greatest gift we can give, not only to the self, but to others. When we feel happy, we are generous.

When we are happy, we are not only generous, but allowing and forgiving. We do not take things personally. We can let things go. But when we are not happy, the slightest untoward glance can trigger us to snap, shout, or cry.

My teacher often says, “You will know your intentions were not pure when you lose your happiness while doing something for someone.”

My teacher speaks of 4 levels of giving that help illustrate this lesson:

- 1 – I have nothing, so you must give to me.
- 2 – I will give to you, but you must give to me first.
- 3 – I will give to you, so that you will give to me.
- 4 – I have an abundance and share with everyone. This is the highest form of giving, when there is not even a consciousness of giving. It is when we are so full that our urn is overflowing and then all others receive from us.

You need to give with happiness. Everything you do must be done with happiness.

My teacher recommends thinking that God Himself has asked you to do something for one of His children. This helps make us more light-hearted, happy, and willing to do what we must.

When we make a shift, we feel good, so we do good. This contrasts with what I used to do, which was to do good to feel good.

The path to happiness is about moving into a place of unlimited love, where giving is natural, a part of who we are. When we give from this place, a place of fullness, then there are no requirements or conditions on others. Whether we receive appreciation, praise, and love, or indifference, scorn, and criticism, it does not matter, because we were not doing to take, we were simply doing, and someone happened to receive. Giving from a pure place guarantees we receive now and later. In this state we are truly selfless.

Confucius said: “Act with kindness, but do not expect gratitude.”

Lesson 17: No Desires or Expectations

My teacher often says, “You cannot be happy if you have desires.” This is because our minds cannot be peaceful, as they are wanting, and our hearts cannot be loving, as they are longing.

... ..; I have just creatively disguised my desire to “save the world” by trying to convince you to “save yourself ... and this will save the world.”

... .., ... “success is bestowed on you by others, but satisfaction arises from within, when you know you have done the best you can.” When we strive for satisfaction in what we do and are not dependent on others to bestow success upon us, this is true freedom from desires. If we all

strived for inner satisfaction, rather than external success, we would begin to see real progress in the world.

[Physical desires are obvious but psychological desires are subtle.]

... .. It was a revelation to hear that if we have expectations we cannot be happy, particularly because we have so many. Expectations are a form of desire, but they are more subtle and are usually about how other people “should” think, speak, and act.

The moment my teacher hears anyone says “should,” she immediately says, “Stop with this word “should.” Delete it from your vocabulary.” Then she explains thinking “should” about anyone or anything is the expressway to unhappiness. “Should” is an expectation, which is the product of each person’s conditioning, experiences, and beliefs and, therefore, is not necessarily shared by everyone else. So to think “should” about anyone or anything is an invitation to irritation.

... .. understand and accept that different people have different ways of doing things. There is no need to take it personally or become upset about it. It is what it is.

All of these “shoulds” and “should nots” put other people in charge of our happiness.

As long as we have desires or expectations, we are in a self-made prison, where everyone else has been appointed warden. If our desires and expectations are fulfilled, then we may enjoy some free time in the yard. But if they are not, then we are back in the dark hole of unhappiness. If, however, we let go of how things “should” be or how

people “should” behave, then we are free. No one and nothing can control our state of being. What a glorious state to be in!

Aristotle said: “It is the nature of desire not to be satisfied, and most men live only for the gratification of it.”

Lesson 18: Ensure You Observe, Do Not Absorb

I used to be like a giant sponge, absorbing all of the world’s sorrow.

... .. When a doctor sees a patient, he or she cannot absorb the pain of the patient. The doctor must observe the patient to give the proper diagnosis. My teacher often jokes, “What if you went to a dentist, opened your mouth to show him an abscess, and then he screamed and passed out? What help could he give you?”

I have heard Dadi Janki say: “Souls are so weak nowadays, most people cannot meet an angry person without becoming angry themselves. But what does an angry person need? More anger? Or peace? We need to be spiritual fire fighters, putting out the fires of anger with the cool water of peace.”

The lesson for me in this is to have the love and understanding of a mother with everyone, not just with my daughter. I need to understand there is always an underlying reason why someone is acting a certain way, whether the reason is known or not.

Observing is not just about observing other people or situations, it is also about observing what is happening within; it is an aspect of awareness.

In truth, understanding and accepting karma is essential to stop absorbing and begin observing. When we know there are no accidents, mistakes, or injustices, then we can greatly reduce, if not eliminate, our suffering in the face of the suffering of others. When we realize that somehow in some way at some time – often unknowingly – a soul has sown the seeds that reaped bitter fruit, then there is nothing to cry about. Whatever is happening is simply a settling of some account and when that account is settled, it is finished.

When we no longer absorb other people's pain and suffering, we can truly be of service to them. We will be able to visit a hospital and not absorb all of the fear, but, rather, radiate love. And we will be able to encounter an angry person and not become angry, but, rather, radiate peace. This is one of the greatest gifts we can give to ourselves and others.

Sufi Master Hazrat Inayat Khan said: "The one who sees all things and yet rises above them is the one who will walk over the sea."

Lesson 19: Sit With Yourself and God Everyday

So please tell me how to cure my aching heart?
 What is the secret? Where do I start?
 The best way to heal is to sit with yourself.
 And then sit with God to restore your inner health.
 Call it what you will, some will say meditate.
 But I can assure you, it is the only way to radiate.

[Sit with yourself and God everyday = meditate everyday.
 There are different kinds of meditation; choose the one you
 like or more than one. The most important thing is to
 meditate regularly every day. Join a meditation group if
 available around you.]

Beyond this, my teacher also describes meditation as a way
 of being, not something we do. It is a state of introversion,
 of connection to the goodness we have within, so we can
 connect to something greater. When this state is achieved,
 then it is as if we have plugged our soul into the ultimate
 battery charger and we can experience and fill ourselves
 with the limitless supply of virtue God has and transform
 our old nature into a divine one.

The goal is to always be in a state of introversion, of inner
 fulfilment and connection with God, no matter who I am
 with or what I am doing.

Dadi Janki said: "To become like the Father means that
 whatever qualities, virtues, and powers God has, He gives
 them to us."

Lesson 20: Soar With Gratitude

“Give thanks for everything,” good and bad.

My teacher, who has faced many challenges throughout her life, said Dadi Janki once told her, “Tests come that are just a bit beyond our capacity so we’ll expand our capacity in facing them.” My teacher also says she expresses gratitude for all that happens, because she knows she is being pushed to perfection with each test. Giving thanks is also a way of blessing a situation and removing any influence or power it may have over your state of being.

... .. I would give thanks for the challenges in life, because I know everything I face will only make me more experienced and stronger.

I would give thanks for having enough faith, courage, and love to make an effort each day to reach that glorious state where my happiness depends on no one and nothing.

I could continue writing and writing about all the things for which I am grateful.

But if you have made it this far in this book, it shows that you have at least a drop of love for yourself. And with wisdom and practice, you can turn that drop into an ocean of love for yourself, God, and everyone else. Then, no one and nothing will be able to take your happiness away.

Cicero said: “Gratitude is not only the greatest of virtues, but the parent of all others.”

Conclusion

The Angle Departs

The angel then said, "It's time for me to go.
I've told you enough of what you need to know.
Now you need to practice, to make it your own.
Work with the wisdom and let go of what you've known.

... ..

... ..

... ..

My teacher said: "Take the achievement, but renounce the
arrogance over the achievement."

With that, I wish you the best in bringing peace back into
your mind and love into your heart. Happiness is your
birthright.

It is only by changing ourselves that we can change the
world. When you change yourself, then you become an
angel, an angel that is doing God's work by bringing peace
and love back onto this earth.

Confucius said: "To put the world right in order, we must
first put the nation in order; to put the nation in order, we
must first put the family in order; to put the family in
order, we must first cultivate our personal life; we must set
our hearts right."

[My final word from my personal experience: please, get the book, spend few dollars to gain knowledge and wisdom, and read the book repeatedly and regularly. There are billions of books in the world but very few like this one are transforming; now I can only read transforming books.]

Merely information.

Just information.

Only information.

Please, do take all philosophies (including all religions), all psycho-social sciences, and all humanitarian sciences as information.

Only information.

Merely information.

Just information.

No more than that.

That is in order to build a healthy–holistic–meaningful picture about the humans, about the universe, and about God.

All philosophies (including all religions), all psycho–social sciences, and all humanitarian sciences are “theories and assumptions” and they are in the world of “uncertainty”.

That is to say, they are not concrete facts, they are not the absolute truth, and they are not in the world of certainty.

That is to say, they might be right or wrong, they might be true or false.

And that is especially true when it comes to all philosophies (including all religions).

Because psycho–social sciences are, at least, based on some researches, studies & observations.

But philosophies (including all religions) are not even based on researches, studies or observations; they might be purely by–products of human minds.

Unfortunately, sometimes we need to be very frank, very honest, and very tough if that is necessary to put forward assumptions, theories, evidences, etc.

The bottom line is:

All philosophies (including all religions), all psycho–social sciences, and all humanitarian sciences, are just information, merely information, only information, for

building a healthy–holistic–meaningful picture about everything that does exist and everything that might exist.

In these very short different videos of the same story – the story of starfish, there is huge lesson to be learned from. We shall teach our children and the new generations such kinds of stories.

We must not and never teach them hatred, violence & aggression.

We must teach them peace, love, mercy, charity, respect & tolerance for all regardless of differences.

<https://www.youtube.com/watch?v=1wuSaNCIde4>

<https://www.youtube.com/watch?v=PkV0jvmBLOc>

<https://www.youtube.com/watch?v=uytIJ8urv4I>

<https://www.youtube.com/watch?v=Z-aVMdJ3Aok>

https://www.youtube.com/watch?v=BQxWZ541_68

When any creature is given Peace & Love, it naturally and automatically overflows to all other creatures regardless of any differences.
The human beings need to learn from this.

It is only human thoughts and philosophies (i.e. his delusions – the byproducts of his own mind and byproducts of minds of his predecessors and ancestors) that create hatred, division, violence and aggression among fellow human beings and against other creatures and against the whole environment and nature.

Different communities, different religions and different cultures treat life forms differently. For example some treat all life forms such as dogs nicely and they provide them with homes and food and care just like any beloved family members while some others kill them. This alone is enough to tell you which society or culture is sick–sociopath–psychopath–criminal and which one is healthy. This is enough to be said.

Being a spiritual person does not mean that you do not enjoy life to its fullness. In fact, the opposite must be true. You can only truly enjoy life to its fullness when you are aware of the spiritual aspect of yourself, of everyone and of everything else.

For example, see alcohol and drug addicts who might be living hectic lifestyles; they actually suffer a lot and enjoy nothing. They suffer in every moment. For instance certainly they do not enjoy their sexual life if they have any. Another example is that they do not see, feel or enjoy the beauty – the beauty of everything.

On the other hand, spiritual humans enjoy everything in life to its fullness. They look beautiful, they feel beauty, they see beauty ... and they enjoy all kinds of beauty.

Living a really spiritual lifestyle does not mean deprivation from: needs of the body, needs of the mind and needs of the spirit.

Living a really spiritual lifestyle certainly does not mean living extreme conservative lifestyle because there must be no suffering and no deprivation. There must be full happiness and enjoyment.

Living a really spiritual lifestyle also does not mean living extreme liberal lifestyle. There is some degree of limits.

And above all, there is no judging others, no condemning others, no labelling others, no criticizing others, no comparing, no etc.

How much this thing is important to you?

To know how much something is important, you need to ask yourself this one question only:

[[[[[[On the day I am dead, how much this thing is important?]]]]]]

On 99.99% of occasions, you will realize that nothing is really important.

[[[[[Nothing is really important.]]]]]]

It is only our ego (our mind) that makes things so important.

Therefore, always ask yourself the above question and you will feel deep peace coming within you, and never identify with your mind (your ego) (your false self).

Remember: your “body & mind” are mortal, temporary, transient, and fleeting.

But: you are “Spirit” which is eternal (you never actually die) (only your body & mind die).

For sometime now I have become aware that, people in general (even those enlightened to some extent) tend to see themselves belonging to a particular school of thought, philosophy, or religion; and they totally identify themselves with it, locking themselves in it, refusing to listen to anyone or anything from outside that particular school of thought, philosophy or religion.

To me this is very unenlightening, very limited, and very narrow minded. This is exactly separation and isolation of oneself from the rest of the universe.

The fact is that, we are one with all that exists and we need to see ourselves in everyone and everything else in the universe.

It is this oneness, open mindedness, and acceptance of everyone and everything else in universe that is indeed very enlightening.

Of course, then comes the step, after total acceptance, which is helping those less enlightened to become more enlightened.

Always remember: there are millions of reasons why someone or something is the way they are. Thus, accept each other exactly as you are and then help each other to become more enlightened. This attitude appears to be more enlightening than separation & isolation of oneself in particular mental form.

This is enough to be said.

I have written the following at night following London terror attack that killed and seriously injured many human beings:

Create “Peace and Love” for Yourself & for Others

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Peace and love are the most wonderful things in the world. You can create them and give them to yourself & to others. The most wonderful feeling ever is that when you feel that you are harmless and helpful to others (when you are not causing pain or suffering to anyone).

Therefore, always learn to give your total peace to everyone and everything around you and see yourself in everyone and everything in the cosmos. Always remember that everyone and everything in the cosmos is sacred, is divine.

It is only thoughts, ideas and dogmas (i.e. minds) (i.e. mental forms) (i.e. mental idols) (i.e. egos) that create division, barriers, separation, hatred, aggression and violence among fellow human beings.

Those thoughts, ideas and dogmas are not from God and definitely not from heaven. There is absolutely nothing from heaven. They are all merely byproducts of your mind and the minds of your previous generations and ancestors that you were brainwashed with them since early childhood. They are merely mental forms (mental idols) and they are temporary, transient, fleeting and mortal like your body (your physical form). The body and the mind are not your true self. Thus, they are not worth to identify with them.

Your true essence and your true self is your Spirit, your Consciousness, that is One with all that exists. Only identify with this beautiful peaceful loving helpful spirit, consciousness. This is your essence and your true eternal self that manifests in physical forms life after life.

Only identification with both the body (the physical form) and the mind (the mental form) (the mental idol) (the ego) that creates division, barriers, separation, hatred,

aggression and violence among fellow human beings. This comes from position of fear.

While identification with the spirit (the consciousness) creates peace, love, mercy, charity, respect & tolerance. This comes from position of love.

Always, live in love, give love, act love, feel love, speak love, think love and be love.

Always, get rid of fear and never act from position of fear.

Always, replace fear with love.

Always, replace feeling negative with feeling positive.

Always, replace feeling bad with feeling good.

Always, replace pessimism with optimism.

Always remember that: your “thoughts” create your life and your reality.

Therefore, always choose peace, love, mercy, charity, respect, tolerance, optimism, positivity, and so on. Because that is what you will get and that is what you will bring to your life.

Start now, immediately, by “changing your thoughts.” Start today. Start here and now. Start with yourself and with those immediately around you. Do not wait until you are

perfect (perfection is unachievable goal). Start now, fill yourself with love and give love in all its manifestations to yourself and to others starting from those immediately around you and anyone you can reach. Do not wait for tomorrow; start today. Do not wait for next year; start this year. Do not wait for later in life; start now at this stage in your life. Give as much as you can and remember what you give comes back to you multiplied.

Be peace and give peace. That is what you will get multiplied.

Be love and give love. That is what you will get multiplied.

Be mercy and give mercy. That is what you will get multiplied.

Be charity and give charity. That is what you will get multiplied.

Be respect and give respect. That is what you will get multiplied.

Be tolerance and give tolerance. That is what you will get multiplied.

Be harmless in every way; be helpful in every way to everyone; and create peace for your self and for others. Don't fight darkness and ignorance – just bring light, knowledge and wisdom. Once you bring light, knowledge

and wisdom, automatically darkness and ignorance disappear.

Be non-judgmental and do not compare; remember, there are millions of reasons why people and things are the way they are.

Be non-reactive. Don't participate in painful dramas and painful games people play.

Be non-defensive.

Be forgiveness and let go.

Be calm, keep cool and stay relaxed.

Be here and now. Be present. Live in the present moment. Live in the now and don't live in the past or in the future.

Be love. Be love. Be love. Be love. Be love. Be one with all that exists. Everyone and everything in the cosmos is sacred, is divine. Always keep this in mind.

Do now allow the mind (those thoughts, ideas and dogmas created by your minds and minds of your previous generations and ancestors) (those mental forms and mental idols) to destroy you and others, to create division, barriers, separation, hatred, aggression and violence among fellow human beings on this planet.

Everyone and everything is you, is sacred, is divine. See yourself in everyone and everything that exist. Whenever you see someone, say to yourself: “she is me / he is me.” Similarly, whenever you see anything, say to yourself: “it is me.” Remember, all what makes people appear different and separate are their minds (the mental form) (thoughts, ideas, dogmas, etc.) and their bodies (the physical form). But both the mental form and the physical form are temporary, transient, fleeting and mortal (both are subject to the natural law of birth & death). However, the true essence, your true essence and everyone else’s true essence (the spirit, the consciousness, the formless, or whatever you want to call) is same & one and is eternal manifesting itself in form after form, in life after life.

God is in the forms and the formless. God is all that exists. God is in everything manifested and unmanifested. God is in everyone and everything. God is in all that exists. God is in you. God is in all that exists. God manifests through you and through everyone and through everything. God is the form and the formless. God is beyond any mind to comprehend. Any conceptualization of God is ultimately reductionist and wrong. Any attempt to give God an identity or definition is ultimately reductionist and wrong. This is it. Just simply remember that: God is in everyone and God is in everything, including you and everyone around you and everything around you. You are eternal spirit, consciousness, formless, that manifests in form after form, in life after life. You are eternal. This is it. This is all.

This is enough to be said.

Of course, you must start with yourself first.

In everything you must start with yourself first.

If you want to change the world, you must start with changing yourself first and set up from yourself a real example on the ground of the real life. Mahatma Gandhi said: “Be the change to want to see.”

If you want to make others happy, you must make yourself happy first and when you are full of happiness it automatically will overflow to others. You can only give a lot of anything if you already have abundance of it. If you have little of it, you cannot give it to others. Therefore, always start with yourself and this is not selfishness. Be happy and then you automatically will make others happy.

But once you started with yourself, then think about others.

If you have been educating yourself and gaining knowledge and wisdom, you must immediately start sharing with others what you have learned.

If you have been gaining anything, you must immediately start sharing with others what you have gained. Jesus says teach others how to fish for themselves.

The reality of this world is very painful as we have some very highly educated and wise people in the world but at the same time we have widespread worldwide ignorance and darkness. This is because of selfishness, laziness and lack of responsibility towards others.

The reality of this world is very painful as we have some very rich people but at the same time they are surrounded by huge numbers of very poor and very deprived people. This is because of the lack of sharing, selfishness and lack of responsibility towards others.

Therefore, you must immediately start sharing whatever you are blessed with (wisdom, knowledge, money, water, food, clothes, shelter, peace, love, etc.) with others. Please, do not wait until you are perfect or millionaire. Just do as much as you can in every situation. Act from position of love and do everything peacefully and sensibly using your huge common sense. It is not only important what you do but also it is equally important how you do it.

Remember what you want to share and give but also remember how you share and give (peacefully from position of love & using the common sense).

To fully understand this idea, please, see this few minutes long video from YouTube:

<https://www.youtube.com/watch?v=akoxhUTPlnE>

Life **with** Spiritual dimension VS Life **without**
Spiritual dimension.

Those worms that only know and feel 2 dimensions “the length and the width” can only move on one level on earth because they are unaware of the dimension of “height”. To those worms everything in the cosmos is flat because of their limited perception. But once they become aware of the dimension of height they will be able to move up and down in all levels and they will realize that not everything is flat. This is because now they have more dimensions to see and feel. They have added the dimension of height.

Similarly, we human beings started to understand our environment better when we invented microscopes that allow us to see matter at most basic level. We human beings then discovered the electro-magnetic field that increased our sense perception and thus now we perceive better and we perceive what our ancestors were completely unaware of it.

You see: the more dimensions we have, the more we can see and perceive.

Personally, when I was atheist seeing matter only and understanding everything as physical stuff only, I was very limited in my perception and in my senses. Because: I could only see the matter (the physical aspect) of things. But once I started to open up (like many modern scientists are doing) to the non-physical aspect of things, that there is also non-physical aspect to the cosmos, I started to see more, feel more and understand more.

Thus, I started to engage in experiencing this non-physical aspect (many call it the Spiritual aspect) and now I feel so happy and I understand much more and I am aware of much more of life and of environment. In the physical aspect we can experiment but in the non-physical aspect we can experience (we cannot experiment in non-physical aspect).

Only now after I added the spiritual dimension to my understanding and only after I have been meditating regularly on a daily basis, I see more and I am aware of more. And only now I can see why those who have not added this spiritual aspect to their understanding (those strictly materialist individuals) suffer and are limited in their understanding.

Thus, adding another dimension such as the Spiritual dimension to our understanding, experience and practice, can only increase our perception and widen our vision.

You see: the more dimensions you have, the more you can perceive and the more you can see and the more you can be aware of.

Only now I can understand why those who are strictly materialist suffer so much and are so limited in their perception and are very narrow in their vision.

This is enough to be said.

Always act from position of Love

All our words, feelings and actions arise from 2 positions either position of Love or position of Fear. These 2 primary feelings (Love or Fear) give rise to all other positive and negative feelings respectively.

Love comes from Spirit while fear comes from Mind.

If you identify with spirit, you can only have love, be love and give love. But if you identify with your mind you can act from position of fear.

If you are living in the present moment, in the Now, then you can only act from position of love. But if you are living

in the past or in the future, then you can act from position of fear.

Therefore, to always act from position of love, be present and identify with your spiritual aspect (i.e. don't identify with the mind). Never act from position of fear or any other negative emotions.

All negative emotions stem from fear.

All positive emotions stem from love.

Always act from position of Love.

A saint said: "Love, and do whatever you like."

The present moment, the Now

If you are really present in the Now, in the present moment, then little the mind can do to ruin your life, then little you can suffer. The mind's tool is either dwelling on the regrets of the past or dwelling on the worries of the future.

Realizing that the only time is Now, realizing that the only moment is the present moment, living here and now and

enjoying every action as a goal by itself, will stop the mind from playing tricks on you and stops the mind from ruining your life and stops you from suffering.

Therefore, slow down and always ask yourself: am I living in the Now? Am I living in the present moment? If you guarantee that you are not in the past or in the future, you guarantee huge inner peace, stillness and joy within.

Am I living in the present moment?

Am I living in the now?

My Dream

My Dream

My Dream

So far I have one dream and that is: creating “Spiritual Houses”!

What are those “Spiritual Houses”?

“Spiritual Houses” are holy places like temples; wide & long with carpet floor where people can sit individually or in groups and meditate, contemplate, worship, read books, use their laptops to listen and watch inspiring materials using their headphones as there will be strong WiFi available, and also there will be timetable for collective

meditation, lectures, seminars and workshops by wonderful spiritual teachers.

There will be many very nice wise volunteers to run these holy places 24/7 as these places will be open and functioning at absolutely all times day and night. These volunteers will also individually guide beginners and new comers.

There will be special attention, places, facilities and activities for children and families. Children will play and learn in these vast holy places (learning via playing). Women will never be separated from men. Classes will never be separated from each others. People from different cultures, backgrounds, and philosophies will never be separated from each others.

There will be many sanitariums and bathrooms in each floor allowing so many attendees to use them on a daily basis, to clean and bath as often as they wish. Because people will be allowed to sleep at nights on those carpets, spend their holidays there and people will be allowed to spend as long as they wish there concentrating on one thing only and that is spending nice productive time socializing and building their spirit, mind and body. There will be a place for providing free food so that people do not worry about anything. Voluntary donations will be welcomed to run the place.

Only 2 things will be forbidden like in all other worship places: street drugs and alcohol.

These “Spiritual Houses” will be places where people will enjoy quite times away from negativity of society and hatred and divisions of religions. People will enjoy happy useful productive times.

Homeless people and disadvantaged people will be welcomed to these places and they will be offered opportunities to clean themselves and use uniform clean clothes provided to them by these holy places and enjoy the company of nice and wise people of the society and enjoy a roof over their heads and enjoy food and warmth of these places and many of them will end up very wise and confident to start their lives outside as well (not as before as rough sleepers).

These “Spiritual Houses” will be safe heaven for all people of the society and they will be their preferred places to meet, to socialize and to exchange knowledge & wisdom. These really holy places will be for everyone without any exception, without any discriminations and without any prejudices.

People will just attend these “Spiritual Houses” to meditate, to contemplate, to think, to learn, to teach, to relax, to enjoy, to mix, to socialize and make new friends, and above all to build their spiritual aspect, to build their mind and body; to etc.

Every day I dream about these places which I call “Spiritual Houses” to be available everywhere in the world.

Everyone, please, help to make my dream come true.

Many thanks and kindest regards.

Moments of “Aha”!

Moments of realizations!

Moments of awareness!

Awareness is no more than a series of realizations. Like everyone else, throughout my life, I had moments of realizations when suddenly I would say: “Aha, now I understood it, now I got it.”

These moments of “Aha” are extremely important because they are the source of understanding, awareness and wisdom that set our life on track.

Here, I want to share with you some of my moments of “Aha”, moments of realization, moments of awareness, that happened throughout my life of 49 years:

1 – Treating everyone with love and respect and positivity and smiley face. This creates wonderful reactions and

responses from all others, no matter who they are or where they are. I learned this when I was refugee working in a small clinic in a village in South Lebanon. Once I started treating everyone with love and respect and positivity and smiley face, their reactions and their responses were so wonderful and so caring and they all reciprocated that love, respect, positivity and smiles back to me. Thus, I felt so happy.

2 – Accepting others as they are. That is to say, not asking anyone to be how I think in my mind they “should” be. Remember, there are millions of reasons why people are the way they are and why things are the way they are. So avoid saying she/he should be like this or that, doing this or that, etc. Instead of “should” and “must”, try to understand them, empathize with them, and accept them as they are. You cannot change anyone except yourself. Thus, accept people as they are with respect and love, with positivity and smiley face, saying to yourself: there are millions of reasons why people are the way they are. This attitude will open them to you and they too will accept you as you are. I realized this when I was totally rejected by all others when I said they should be this and that doing this and that. Now, I learned my lesson. It is never too late. I learned not to impose what is merely a thought in my mind on others and their lives. My mind is my thoughts within me but they have their own minds and their own lives. I am not responsible for who they are, what they are, what they do, what they think, etc. I am only responsible for myself, for who I am. I am me and they are they. If I can just understand myself and others, that would be great.

3 – Treating others with peace & sense of humor; not having too much ego; not being too much opinionated against others’ opinions and views. That is to say, taking life and everything in life easy; not being too much indulged in my mind with overemphasis on my views and opinions or underemphasis on others’ views and opinions. Remember that, all opinions and views are just perspectives (not concrete facts). All views and opinions are equally valid, equally respected. I learned this after being rejected whole my life by so many people over so many decades in my life because I was too opinionated, overemphasizing on my views and my opinions and underemphasizing on others’ views and opinions, thinking I am too smart, too intelligent, too clever, more educated than them, etc. Now, I learned my lesson and I keep my views and my opinions to myself and only occasionally peacefully sharing them when useful on Facebook. I do not take anything (especially any view or any opinion) too seriously. I also try to have sense of humor because that brings the balance right. I started to always tell my mind: “shut up” and “stop there.”

4 – Treating others with total politeness and respect, not judging them, not criticizing them, not diminishing them, not condemning them, not etc. I learned this after decades of dysfunction in my manners. I used to judge, criticize, diminish, and condemn others, even for simplest things, immediately after seeing by my eyes. Now, I stopped these wrong mental attitudes and I just see others and things for what they are, without me judging, criticizing, diminishing,

or condemning what I have just seen, telling myself: simply, we do not know the bigger picture and as I said earlier there are millions of reasons why others do what they do and why they are the way they are. I learned to take everything easy and that is it.

5 – Be careful not to offend others unintentionally or unconsciously. I learned this when sometimes I would say or do something spontaneously unintentionally unconsciously that would hurt others' feelings. I did not mean it at all. Now, I learned to be little bit more careful with my words and actions.

6 – Always remember that your problems are in your head (in your mind) before being anywhere else. For example, if you are hungry and have no money to buy food, this problem is first and for most in your own mind (in your own head) because there are so many people who would be very happy to feed you if you ask them politely. Similarly, are all other problems of yours are first and only in your mind. We create problems for ourselves by our own minds and our own attitudes. This is what I have learned after suffering for 4 decades. Thus, I learned to be solution oriented. There are no problems. There are only solutions, find them.

7 – Avoid blaming others for anything. Never put all the blame on anyone individual or any one party. Life is too complex. All individuals and all parties involved share the burden and the responsibility. So never and never put all the blame on one single individual or one particular party

involved. Nevertheless, take 100% responsibility for your own problems and share the whole universe for other problems. I learned this when I was habitually blaming one person or one party for the disasters in life (in my life and life of others). Then, I realized that things are not as simple as I thought. There are always many individuals and many parties involved. Things in life are, at least, little bit more complex than I initially thought. As I said, for personal problems, I tend to take full responsibility and I do not blame others and I do not create excuses. Other than this, I learned to stop blaming one particular individual or one particular party for life's problems. We have collective responsibility and role.

8 – Appreciate acts of kindness from anyone. Never ignore or forget acts of kindness from anyone. And reciprocate acts of kindness if you can multiplied. If someone come towards you 1 step in love and kindness, move towards her/him 2 steps or more. Be very aware of acts of kindness and love and try to reciprocate if you can multiplied.

9 – Remain spontaneous, peaceful, harmless, sincere, loving, caring and smiley towards everyone. However, in between, have moments of introversion, reflection, self-awareness, and be careful about your thoughts, words and actions. So vastly carefree and spontaneous but in between times for introversion, reflection, self-awareness and carefulness about ones thoughts, words, and actions. Get this balance right. I learned this after decades of jumping from one status to another. Now, I learned to quickly shift between the 2 statuses although I remain vastly

spontaneous and carefree. Thus, be simple and smiley like children most of the time but in between have moments of introversion, reflection, self-awareness and checking your thoughts, words and actions.

10 – While adopting all above strategies, remember that, not all people adopt them like you and not all people are angels. In fact, you might come across some individuals who are just searching for others' weaknesses, faults and mistakes, even those spontaneous unintentional unconscious ones, and sometimes they might create big problems for those spontaneous carefree people. Personally, I suffered from this and I had big problems from some spontaneous unintentional unconscious comments I made. Thus be little bit careful.

11 – Live in the Now. Be here and now. Be present. Do not get lost in past events, past regrets, and past disappointments. Do not get lost in future worries and daydreaming. Live in the present moment of the Now.

12 – As long as I am slow and on my own pace, I will see more and notice more and live in the Now more. Slow down and walk on your own pace. There is a proverb that says: "If you walk on your own pace, you will walk forever."

13 – Never put all your emphasis on only one aspect of life, neglecting all other aspects of life. For example, what is the value if you are a professor in science but at the same time neglecting your self-care and thus appearing smelly with dirty clothes and disheveled. Get the priorities right.

14 – When I was totally preoccupied with my problems and my traumatic life events, I became extremely pessimistic and deeply depressed and I was unable to enjoy a single moment in a single day and could not help myself at all. Thus, separate yourself from your problems and traumas and stay positive and optimistic that there will be light at the end of the tunnel.

15 – Do not be too attached to things and others and let go of things and others. When I emigrated, I was too attached to people, culture and things in my homeland and thus I could not survive in my new environment, in my new life; I could not accept new people in my life, new culture, and new things, and because of this I suffered so much and I was even unable to survive. Thus, always let go and do not be too attached to anything or anyone. This does not mean to cut ties but it just mean simply accepting the new situation, the new people, the new environment, the new culture, and new life opportunities. Do not stuck in your past and in your past culture. Be capable to change and accept changes. We all change continuously throughout our lives wherever we are.

16 – Finally, and this is most important, stop thinking it is all about others. It is all about you. It is not about others at all. Your mind create your reality and your life. Thus, stay positive, smiley, loving, caring, harmless, helpful, peaceful, and always try to get more enlightened. This is the bottom line.

Being Religious VS Being Spiritual

From all religious people (whatever they might call themselves), only a very small percentage of them are indeed spiritual individuals and the vast majority of them are only religious (not spiritual at all).

So, what is the difference between being religious and being spiritual?

What it mean to be a religious individual?

What it mean to be a spiritual individual?

Here, we shall answer all these questions.

First, let me describe what are features of truly spiritual individuals. Then, it will become clear what is not spiritual. Then, what is merely religious will become clear.

So, what are features of spiritual individuals?

1 – Spiritual individuals do not identify themselves with their minds (their egos) or their bodies. Because spiritual individuals know very well that their minds and their bodies are temporary, fleeting, transient and mortal.

Instead of that, spiritual individuals identify with their Spirit which is eternal. Spiritual individuals do not identify with their thoughts and ideas including those religious and philosophical ideas because they know they are all byproducts of minds of their ancestors and previous generations. Spiritual individual see all thought forms including those religious and philosophical ideas as merely information (no more no less). Thus, they do not identify at all with them. Hence, spiritual individuals have no dogma, and they do not follow religious rules & regulations, religious customs & traditions and religious etc. Spiritual individuals simply see there is a Mystery in the Universe, there is Universal Intelligence, there is Consciousness, or call it whatever you want. To spiritual individuals, God is all that exists, God is in everyone and everything individuated. Thus, everyone and everything in the Universe is sacred, is divine. Spiritual individuals do not see God as an entity or an identity that can be defined and given a form or name because that reduces God into a form which cannot be true. God is all that exists. God has no particular entity or identity. Spiritual people thus recognize that all those religious dogmas, ideas, thoughts, imaginations, religious customs & traditions, religious rules & regulations, are merely byproduct of human mind (no more no less) – minds of our ancestors and previous generations, minds of people exactly like us or even less civilized than us. Spiritual people recognize the fact that religions have nothing to do with the truth although they might be vague or poor pointers towards the truth. Spiritual people know this very well and thus they never identify with religions at all and they distance themselves from religious dogmas,

religious customs & traditions, religious rule & regulations, and religious etc. Spiritual people have nothing to do with religions at all.

2 – Like all other creatures in the Universe, spiritual individuals live in the Now, in the present moment. Spiritual individuals do not live in the regrets, disappointments, traumas and pain of the past. Spiritual individuals also do not live in the worries and anxieties about the future and they do not daydream. Spiritual individual live in the present moment, enjoying moment by moment, just like other creatures like flower, trees, birds, dogs, cats, and the rest of life forms.

3 – Like all other creatures in the Universe, spiritual individuals accept people and things as they are although they help to make things better and better always. Spiritual individuals help everyone to be the best they can be. Spiritual individuals understand and know that there millions of reasons why people and things are the way they are at any particular moment. Thus, initially they accept everyone and everything as they are but also they help for better and better in the next stage. Spiritual individuals help everyone to transform oneself to the best who they are through their own example and model on the ground of the real life.

4 – Spiritual people are totally non-judgmental. They have big hearts and minds to understand why people and things are the way they are and why they are doing what they are doing.

5 – Spiritual people do not criticize others, do not accuse others, do not blame others, do not diminish others, do not condemn others, do not etc. Spiritual individuals concentrate on themselves – on oneself, through going inward, meditating, contemplating, self-reflecting, and thus getting in touch with their inner most feelings, emotions and wishes and being aware of deep dreams and wishes and hence knowing oneself. Spiritual individuals are in touch with their inner most nature. Spiritual individuals have no denials and no projections of their feelings and emotions and nature.

6 – Spiritual individuals do not declare war on darkness, they just spread the light. Spiritual individuals do not resist anything because they know anything you resist persists. Spiritual individuals do not fight anything because they know anything you fight strengthen. Spiritual individual are totally peaceful and harmless and they have no enemies because they know that the only enemy there is is: “unconsciousness and ignorance”. Spiritual individuals are non-violent, non-aggressive, non-resistive (they do not resist anything), non-defensive (they even do not defend themselves), non-reactive (they do not participate in dramas at any level), non-etc. Spiritual individuals are calm, relaxed, easy going, simple, humble, understanding, aware, wise, peaceful, harmless, and accepting of others and things as they are and totally surrender to life.

7 – Spiritual individuals have no hatred or negativity towards anyone or anything and no violence and no

aggression towards anyone or anything at all; they see all as One. Spiritual individuals see themselves in everyone else and in everything else – no divisions, no barriers, no borders, no etc. No I and them, no we and they, no us and others, no enemies. Spiritual individuals see whole the Universe as One. All is One.

8 – Spiritual individuals let go & forgive and they have no intense attachment to anyone or anything. They know all is temporary, fleeting, transient and mortal in this life. Spiritual individuals have nothing against anyone or anything at all. They give total peace to everyone and everything. They turn the other cheek, etc.

9 – Spiritual individuals see everyone equal regardless of any differences. All equal in value although might be different in characters, qualities, abilities, professions, etc. Spiritual individuals have no hierarchy in their minds. All equal. All One Soul, One Spirit, individuated. All from One Source and end up in One Source.

10 – Spiritual individuals treat everyone and everything with peace, love, respect and tolerance and their only principle in life is: “Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists.” Spiritual individuals are positive, content, happy, and smiley at all times. Spiritual individuals accept life as it is although they help transformation of everyone and everything.

11 – Spiritual individuals have huge sense of humor and they are not too opinionated. They know it is all from the

mind and that everything is just an opinion, just a perspective (not a concrete fact). All is byproduct of the mind – our minds and minds of our ancestors and previous generations.

12 – Spiritual individuals meditate a lot, contemplate a lot, and self-reflect a lot, and they enjoy interacting with others and enjoy life to its fullness.

13 – Spiritual individuals are careful of their thoughts, words and actions. They do not want to hurt feelings of anyone even unintentionally unconsciously. They know their thoughts create their reality and their lives. They know it is all about oneself (not others). They accept acts of kindness from anyone and they try to reciprocate if they can multiplied. Spiritual individuals are spontaneous, peaceful, harmless, sincere, loving, caring, sharing, and they are generous with their smiles. Spiritual individuals are slow and they walk on their own pace. That is why, they see more, are aware of more, feel more and enjoy more.

14 – Spiritual individuals equally emphasis on all aspects of life and they do not neglect any aspect of life. They do not neglect needs of their bodies, they do not neglect needs of their minds, and they do not neglect the needs of their spirit.

15 – Spiritual individuals are not pre-occupied with their problems; they see no problems because they only see peaceful harmless solutions.

These are just some basic features of truly spiritual individuals that come to my mind at this moment but of course there are many other peaceful harmless wonderful features. Now, let us answer some other important questions in this subject:

When spirituality appeared on this planet Earth?

Spirituality appeared with the appearance of first living cell in the evolutionary process, with the appearance of first life form. Every living form (plant or animal) is fully spiritual (because they do not have minds like us) (because they do not have egos like us) and we human species can learn a lot for them – just imagine how much we can learn from flowers, trees, birds, dogs, cats, etc. Around 125000 years ago, our ancestors first came up with this idea that we are body, mind and spirit. This might be true or false. There is no concrete evidence to confirm or reject it. This idea is still here and it is the basis of all religions that appeared much much later in the course of human history. I have to say that our ancestors at that time were in close contact with nature and their minds were not so monstrous and not so dominating and they simply followed their hearts (their feelings). Our early ancestors came up with this idea of body, mind & spirit from their experiences. Spirituality is simply going back to this basic idea.

When religions appeared on this planet?

Only around 4000 to 6000 years ago, religions started to appear. It happened when deserts started to appear in

many parts of the planet and as a result natural resources become less and less. Thus, our ancestors lifestyle changed: patriarchy replaced matriarchy, men dominated women and children, love of wars and empires appeared, and competition, domination & control became the main issue. Hence, in such environment religions started to appear to serve the new mentality of men. You must know that: all religions are byproducts of men's minds and there is nothing from heaven. Everything in religions (dogmas, rule & regulations, customs & traditions, etc.) is from mind of men just like us or even less educated, less enlightened, less wise and less civilized. There is nothing from heaven. If you read and search like me for 49 years, you will reach this same conclusion. All religions were found to serve this patriarchy system, men's competition, domination and control, men's love of war and hatred, men's etc. All religions are man-made. All those called prophets and messengers of God are human just like us or even less educated, less enlightened, less wise and less civilized – they put religious systems for people to organize their lives around them as they saw. But there is nothing from heaven. This is the truth that we know so far.

Now, after this clarification, you can understand why the vast majority of people are religious (not spiritual). Only a small percentage of religious people are indeed spiritual individuals. The vast majority of religious people are preoccupied with their religious dogmas, religious divisions barriers hatred and exclusion of others, religious customs & traditions, religious rules & regulations, that were put in place thousands of years ago. I have to say,

some religions reform but others resist to reform or adapt with the progress in the human civilization.

This is enough to be said.

Our Love & Sex Life.

Our Love & Sex Relationships.

Our deep Love & Sexual Feelings.

Here, I want to discuss whole this sensitive and crucial subject: Love & Sex. I will be mentioning these 2 words together as much as possible because Sex is indeed one of the top manifestations of Love. Love can be without Sex but Sex cannot be without Love. I hope that Sex is never just for Sex but that Sex is a manifestation of Love.

I am discussing whole this subject of Love & Sex in the followings paragraphs:

1 – What are sexual feelings? These are most basic feelings that come directly from the heart (from the soul) and they have nothing to do with thinking (with the mind) (with the ego). Sex is just like water and food and

sometimes more important than water and food. Like water and food, one become thirsty and hungry for sex exactly as one become thirsty and hungry for water and food. Once this sex need is met, one feels satisfied and full. But not for long because very soon one will become again thirsty and hungry for sex exactly as one become again thirsty and hungry for water and food. All these most basic needs do not give permanent lasting satisfaction and fulfillment because soon one will need another dose, another fix, and this is the case with all other earthly needs and desires. One cannot have them all the time continuously and one cannot live without them at all. Like water, you drink when you feel thirsty. Like food you eat when you feel hungry. No one prevent people to drink water and to eat food when they are thirsty and hungry but unfortunately so many individuals and so many rules & regulations, prevent people from meeting their most basic and most essential need for sexual expression, satisfaction and fulfillment. We will discuss all this later in detail. But first I want you to understand that your deep sexual feelings are from the heart, from the soul, and they are just like water and food need to be always satisfied and fulfilled periodically like water and food. Sexual feelings appear very early in life and they remain until the soul leaves the physical body. I remember a man saying to me that his first sexual feelings appeared when he was around 3 or 4 years old – at this age he remember he had sexual activities with a girl of the same age and with a boy of the same age in 2 separate occasions – with the girl when they were lying together under the blanket in the same bed while their mothers were talking to each other in the room and with the boy

when they both went over to the roof of the house to secretly have anal sex with each other changing positions and alternating on each other – although he said they never achieved the intercourse itself but they went for it – he said they knew what they were doing and what they wanted. Another man said to me as an adolescent he also had sexual feelings towards both girls and boys and he had some sexual activities in term of holding hands of few boys, he said that was also partly because of segregation and having no access to girls. I now understand that humans are more sexual in early life and they go for more choices in early life but when they become older they become less sexual and more non-sexual as far as sexual intercourse is concerned. Older people might not like sexual intercourse as much as they like gentle touches, massage, kisses, hugs, and being in the company of those they like. In early life humans are more libertarian and more permissive and they tend to follow their deep feelings, and they follow their hearts because their minds have not been brainwashed yet and their minds are not in control of their hearts yet. When we satisfy and fulfill our deep sexual feelings, at those moments, we totally live in the present moment and we live in the Now, and we forget our past pains and regrets and we do not worry about our future worries and daydreams and we are thus the most happy people living the most happy times, the most satisfying moments and the most fulfilling moments. When we meet our most basic and most essential need of sex, during those moments, we are in real paradise and we forget everything else and we are most loving and most spiritual people. And soon we feel satisfied and fulfilled.

But unfortunately very soon we become again thirsty and hungry to fulfill our new deep sexual feelings and this time might be towards another individual. The most important thing to know is that these sexual satisfaction and fulfillment are also transient, temporary, fleeting and short living and very soon you will feel you need more of it, another dose, another fix, and so on. Also, you must realize that you might stop having those sexual feelings towards this person (you become bored from them) and you would like to have them towards another person or persons. You become bored from one person and you would wish and hope to have them with another person or persons even at the same time. This is our nature and our fantasies, dreams, wishes and hopes that never stop. This is the most important thing for you to know, understand and realize. The best way to get in touch with these facts about our nature as human beings is that to go inward, meditate, contemplate, self-reflect and get in touch with your true deep inner most feelings. Remember your true feelings and emotions lies in the heart of you heart, in the heart of your soul, and they have nothing to do with your thoughts (your mind) (your ego) that lies in your head. Forget your head and get in touch with your heart (your soul). Understand your nature as a human being before any thinking blocks it and puts screen around it. Forget thinking completely for a moment and get in touch with your deep inner most feelings that lies not only in your heart and soul but in every cell of your body. We humans suffer because we want that satisfaction and fulfillment to be permanent and we become too attached to it. Simply, we have wrong expectations and as The Buddha said

wanting temporary things to be permanent and being too attached to them is the root cause of our sufferings and pain. Therefore, we human beings must understand that everything and everyone we have on this Earth is temporary, fleeting, short living and transient. Nothing and no one we have is permanently for us there. Thus, let us first get our expectations right and be happy with temporary nature of our desires and let go of our excessive attachments to things and people. Just enjoy the good time together that you can have with anything and anyone. Enjoy, and let go, and not too much attachment. This is the basic idea to enjoy life and feel happy at all times. These are the facts about our nature as human beings. We must understand it and thus get our expectations right and real.

What prevents us from getting in touch with our deep inner most feelings that lies in our heart (in our soul)?

The answer is: What prevents that is our thinking (our mind) (our ego) (our Old Cultural Story) that we were brainwashed with it since very early in life by our environment).

What is our Old Cultural Story that shapes our behaviours and controls our behaviours and shapes and controls behaviours of everyone else?

The answer is: Our Old Cultural Story that shapes our code of conduct on this planet is based on our religions that only started to appear in the last 4000 to 6000 years ago. Only around 4000 to 6000 years ago, religions started to

appear. It happened when deserts started to appear in many parts of the planet and as a result natural resources become less and less. Thus, our ancestors lifestyle changed: patriarchy replaced matriarchy, men dominated women and children, love of wars and empires appeared, and competition domination control became main issues. Hence, in such environment religions started to appear to serve the new mentality of men. To understand this fully read [The Fall by Steve Taylor]. You must know that: all religions are byproducts of men's minds and there is nothing from heaven. Everything in religions (dogmas, rule & regulations, customs & traditions, etc.) is from mind of men just like us or even less educated, less enlightened, less wise and less civilized. There is nothing from heaven. If you read and search like me for 49 years, you will reach this same conclusion. All religions were found to serve this patriarchy system, men's competition, domination and control, men's love for war and hatred, men's etc. All religions are man-made. All those called themselves prophets and messengers of God are human just like us or even less educated, less enlightened, less wise and less civilized – they put religious systems for people to organize their lives around them as they saw and as they wanted. But there is nothing from heaven. This is the truth that we know so far. Thus, I want you to totally reject this Old Cultural Story system that is based on religions that is causing so much hatred, violence and aggression, suffering and oppression, suffering and deprivation in our lives since the written history began till now. I want you just for a moment while reading this article to put all religious thinking (religious dogmas, religious rules and regulations,

religious customs and traditions, religious code of conduct, religious etc.) into the dustbin. Vomit all that rubbish into dustbin and read what I am writing to you here.

2 – What are those “myths” that were created by our religions (by our Old Cultural Story) that shaped our life and caused so much pain and suffering throughout human history till now?

A – The first myth is: Celibacy. We have been told by our Old Cultural Story that sexual feelings are evil and bad and in order to be spiritual you must kill those sexual feelings and adopt celibacy. I know one religious teacher who brainwashed her son since childhood with her religious delusions and now her adult son is adamant that he will remain celibate till he die and that he will never marry. Is this natural? Is it natural to kill your heart, your soul, that is your sexual feelings? I will not say more than that: those people are no more than totally deluded people (they are not spiritual at all). Our sexual feelings are deep part of us and we must never ignore them or kill them. In fact, I become more and more aware of and in touch with my deep sexual feelings through the practice of meditation, going inward, self-reflecting, and contemplating on knowing my true self – Who Am I.

B – The second myth is: Marriage structure. We have been told that only through marriage of one man with one woman all their life and for reproduction purpose alone one should have sex with the spouse. This is again against human nature. Only a tiny proportion of married couples

might be content with this and stay faithful in their hearts. The vast majority of human beings 99.99% will feel unhappy trapped in such contract and if they do not go for affairs outside the marriage ring, they will rationalize marrying more than one woman and they will not stop even at this in their hearts. They will keep thinking about others they attracted to at least in their hearts and they will feel deeply unhappy. This whole business of marriage is against human nature because once we have a sexual relationship with one person after a while we become bored with it and would want to move to another that attract us and we never stop this. This is our true nature. Once we have something or someone, we think of another and we move to another. This our true nature. Thus, locking ourselves in artificial boxes like marriage box and not understanding our true nature only make us unhappy and only make us suffer and then we stop others from being happy and we let them suffer more than us if we can so that we feel better about ourselves. Early in human history there was no such thing called marriage and this is only resulted from our Old Cultural Story (our religions) that are man-made thousands of years ago to accommodate men's new lifestyle of control, domination, competition and possession claiming God commanded this.

C – The third myth is: Morality. Religious codes of conduct, religious rules and regulations, religious customs and traditions, religious etc., as well as some modern organizational policies that suppress and repress sexual feelings through what is called “morality” or moral religious

code of conduct that forbid dating, open relationships, serial closed relationships, same sex relationships, etc. and now in modern times even some organizations put more rules and regulations that prevent free expression of sexual feelings between for example an employer and employee, teacher and adult student, doctor and ex-patient, clergy and worshiper, claiming they are purifying these relationships from abuse and from power imbalance. Failing to understand human nature (that everything including sexual feelings are transient and temporary and ultimately they must end and they move on to next relationships), they claim because these relationships are not permanent and not within marriage box and are immoral like same sex relationships, they should be totally forbidden and punished for – some even kill. Thus, you see the vast majority of human beings 99.99% are very unhappy and discontent with their lives and they suffer a lot from suppressing and killing their deep inner most sexual feeling. Early in human history there was no such things and this is only resulted from our Old Cultural Story (from our religions) that are man made thousands of years ago to accommodate men's new lifestyle of control, domination, competition and possession claiming God commanded this or that these relationships are unhealthy dysfunctional abusive. In fact, all these is just to serve men's minds (men's delusions). And there are so many other ways that are used to suppress and forbid deep inner most sexual feelings. Men's thoughts (men's mind) is killing everyone's heart (everyone's soul). Heart is the soul and mind is the ego. None of those rules and regulations is from heaven – it is all from men's minds thousands of

years ago and we must now put all that rubbish in dustbin and follow our hearts, our souls, that is our deep inner most sexual feelings. This is the really natural thing to do.

3 – Now, we need to completely once and forever get rid of the above Old Cultural Story and get rid of all its myths and replace that rubbish with a New Cultural Story with its truths.

But what are the truths of our New Cultural Story?

The truths of our New Cultural Story are the followings:

I – Our deep inner most sexual feelings are coming directly from our hearts that is our souls and they partly make Who We Are. Thus it is okay to express them but before that know our nature as human beings everything in our lives including our sexual feelings are transient, temporary, short living and fleeting. Thus, get the expectations right. Express your sexual feelings responsibly and when it is time to depart from each other and go for new relationships, leave peacefully harmlessly and stay friends supporting each other for the rest of your lives. Thus, correct your expectations and let go. Do not be too attached to each other after that and do not possess each others. Free each other and peacefully release each other. Follow your common sense. Remember: dating, open relationships, closed relationships if you both want, serial relationships, same sex relationships, and whatever your deep inner most sexual feelings dictate on you is fine. All is fine. Just understand your nature as human beings

through daily meditations, going inward, self-reflection, contemplations, and so on.

II – Total Freedom. God is freedom. God does not ask from you anything. God is non-judgmental. God does not condemn you. There is no hell or punishment in the heaven. God is Love. God has given you freedom. God is within everyone individuated. God is in everyone and in everything and thus everyone and everything is sacred, is divine. God is Love. As it has been said: Love and do whatever you like, sensibly and responsibly, and this includes full expression of your sexual feelings. That is very okay and it is a blessing.

III – Children for children; adolescents for adolescents; and adults for adults. Adults stay away from children and adolescents and leave them in peace and do not ruin their lives. Adults allow children and adolescents to express their deep inner most sexual feelings. Adults be responsible towards everyone and especially towards children and adolescents. Adults up bring children as a community with collective responsibility. Adults share the burden of up bringing and looking after children and adolescents.

IV – Great quality life for all. Express your beauty and love, in every way. Personally, I feel so happy when I see women clean dressed in attractive sexy manner. This gives me so much pleasure. I thank them in my heart and I pray for them in my heart. Respecting beauty is much better than forbidding beauty. Enjoy happy life in every possible way

including meeting all your sexual feelings sensibly and responsibly and do not forget your human nature that everything is transient, temporary, short living and fleeting. Be happy. Let go when it is time to let go and move on. No for possessing each other or excessive attachment. Let common phenomena among you be shaking hands with each other, gently touching each other, hugging each other, kissing each other, dancing with each other. The most happy time in my life was that when I attended a night club [I saw men and women in attractive beautiful sexy clothes dancing with each other, socializing with each other, kissing each other, hugging each other, smiley and happy] there I felt I am in a real paradise and I wished if I was in their age and I was part of them. It is LOVE, it is POSITIVE and it is a BLESSING to express and meet your deep inner most feelings and first including your sexual feelings.

V – Stay away from any thing that destroy your natural feelings; these includes: street drugs, excessive alcohol or alcohol addiction, or addiction to anything or addiction to any substance even caffeine, or being fanatic to any idea or being deluded with any dogma. All these destroy the peace and harmony within you and destroy the natural state of your mental state. All these negatively impact on your deep inner most feelings, including your sexual feeling and your sexual energy & power. Please, please, please, stay away away from all these things I mentioned here.

VI – Build Yourself. You are body, mind and spirit. Build your body with healthy diet and regular exercise and

avoiding addictions especially to street drugs, to alcohol, to cigarettes, to caffeine, and to any other addictive substance or behaviour. Build your mind through acquiring useful knowledge and wisdom, training and doing a job you like to earn living. Build your spirit through regular daily meditation (just sit still and be quite), self-reflecting, contemplating, etc. and read some decent modern contemporary spiritual books [from my personal experience, I strongly recommend books of 2 greatest spiritual teachers of our time: Eckhart Tolle and Neale Donald Walsch and you do not need any other books]. Remember spirituality is not religion. Stay away from all religions and anything like them that takes your freedom. Adopt modern spirituality. Only when you build your body, mind and spirit, then you will truly be aware of your true deep inner most feelings including sexual feelings and you will enjoy them and express them wonderfully.

VII – Safe Sex. To sensibly and responsibly enjoy sex you must be sexually healthy from all those sexually transmitted diseases. Seek help early and help is available everywhere. Treat those diseases that are curable and get cured and treat those that are not curable like HIV, Hepatitis B and C by using preventive and protective measures like medications and condoms so that not to infect others and be open about them.

4 – Now, what are the kind of problems that the new generations are facing?

The new generations are facing the following problems:

a – The first problem is: Going back to our Old Cultural Story (our religions). Religions are the biggest problem we had and we have at the present time and in future. You cannot solve problems by the same means that created them in the first place as Albert Einestien said. Stop keep digging the same hole. Religions are the problem and the source of every problem. Modern spirituality is the solution. So no going back to religions. We need the New Cultural Story that I described above and get rid of the Old Cultural Story.

b – The second problem is: Street drugs, excessive alcohol or alcohol addiction, or addiction to anything or addiction to any substance even caffeine, or being fanatic to any idea or being deluded with any dogma. They destroy the peace and harmony within and without. They enslave you and deprive you from freedom because you become dependent on them. They destroy your body, mind and spirit. They completely destroy the quality of life. With them, you will never enjoy anything. This is enough to be said.

c – The third problem is: Neglecting the spiritual aspect. Without the spiritual dimension, you will always feel empty within and you will always feel something huge is missing from your life. Get into meditation, self-reflection and contemplation, and read at least those spiritual books I suggested earlier.

d – The forth problem is: no knowledge and no wisdom, poor training and no job and no profession. Remember,

wandering arounds on the streets and joblessness is a big problem for your health and wellbeing and it is an illness leading to more illnesses, mental illnesses and physical illnesses.

e – The fifth problem is: domination of the mind. When your thoughts dominate you, it is a huge problem. Do not identify with mental idols, with thoughts. Follow your heart (not your mind). Your mind is your ego. Do not let your thoughts dominate your feelings.

f – The sixth problem is: identification with your body. Remember you are not your body, you are your spirit. Remember, no one is completely male or completely female. We all have both masculine and feminine aspects and characters. For example, you do not need to undergo those terrible hormonal and surgical operations in order to change your gender. Live as you feel happy: straight, gay or bisexual. All is fine and be happy with your body and with yourself.

Of course, there are many more problems facing the new generations – I just mentioned some of them.

Finally, remember that the purpose of life is to be happy. You cannot spread happiness unless first you are full of happiness and then it overflows from you. To change the world, “be the change you want to see” as Mahatma Gandhi said. Thus, set up a real example, a real model, from yourself on the ground of the real life. Be honest with

yourself and others. Lies very soon will be discovered such as lies like religions.

What is “All That Exists”? What is the Universe? What is God?

What is the structure of: “All That Exists”? What is the structure of the Universe? What is the structure of God?

When you ask modern contemporary spiritual teachers as well as ancient spiritual Masters like The Buddha, what is God? The answer is: God is “All That Exists.”

Here, I want to explore what is the structure of “All That Exists” purely based on scientific explanations and measurements.

First, at Macro level: from use of gigantic telescopes, astrology, physics, mathematics, etc. that modern science & technology have provided, let us look at the following figures to imagine the size of the Universe:

The distance between Earth and Moon is: 385,000 kilometres.

The distance between Earth and Sun is: 150,000,000 kilometres.

The distance between Earth and Proxima Centuari (the nearest star) is: The Voyager 1 spacecraft will need 73,000 years to reach it. Even if it travel at the speed of light it will need 4.22 light years to reach it.

Our Sun takes over 200,000,000 years to circle our galaxy once.

So far we are only aware of around 50 galaxies in the Universe (but scientists believe that there are endless countless numbers of galaxies in the Universe – they believe the Universe is endless).

The distance between Earth and nearest galaxy (Milky Way) is: 27,000 light years.

The distance between Earth and NGC galaxy (the farthest galaxy that we are aware of so far) is: 11,700,000 light years.

Now, who can imagine the size of the Universe from just above figures? It is absolutely unimaginable; it is definitely beyond human conception and human mind.

The Universe consists of 2 things:

A – Forms, like any “Physical Matter” such as plants, animals, Earth, Moon, Mars, Sun, Stars, etc.

B – Formless, that is the “Space” and let us call it “empty space” as it looks like empty space although it is full of electromagnetic waves and fields.

The Space takes 99% of the size of the Universe and the Physical Matter takes only 1% of the size of the Universe.

Second, at Micro level: from use of most magnifying electronic microscopes, other kinds of microscopes, physics, chemistry, biology, mathematics, etc. that moderns science & technology have provided, let us look at the following figures:

Human brain consists of: 100,000,000,000 neuron cells. And for you to just move your finger up and down, it requires over 3 trillions of very complex and very intelligent chemical reactions to take place at unimaginable unmeasurable speed.

Now, let us move to the most basic structure of the physical matter: the Atom.

An Atom is the smallest constituent unit of ordinary matter that has the property of chemical elements. Typical size of an atom is around 100 picometres (a ten-billionth of a meter).

An Atom is not the smallest structure because it consists of subatomic particles (electrons that rotate in orbits around protons and neutrons in the nucleus).

Just like above Macro structure of the Universe, the Micro structure of the Universe, the Atom, consists of 2 things:

A – Forms, that are: electrons, protons and neutrons.

B – Formless, that is the “Space” within the Atom.

The Space takes 99% of the size of the Atom and electrons, protons & neutrons take only 1% of the size of the Atom.

More interesting discovery by scientists is that there are even substructures for these subatomic particles (electrons, protons and neutrons) which can be seen when looked at or seen and given attention and they disappear when not looked at or not seen and not given attention. So they are there when you look at them and they disappear when you do not look at them. This gave the impression that whole this physical matter that we see and touch is just an illusion of our senses. And that different creatures sense the Universe and what it contains differently. This led to believe the final smallest thing is actually nothing (no-thingness). This led some to say that the Universe or God is no-thingness.

The most important discovery is that everything in the Universe is ultimately energy (formless) and that energy condenses to give rise to the endless variety of forms. So the Universe (God) broadly speaking consists of both forms and formless.

This is “All That Exists” both at Macro level and Micro level. This is the structure of the Universe. This is the structure of God. This is what it is called God. This is how much our minds and senses can figure out and imagine.

Thus, God is “All That Exists”. God is everything in the Universe (forms and formless). God is within everything and everyone. You human beings know your size. The Universe might have no beginning and no end. This is how much we know so far.

Hence, those who deny God do not know what they are denying and those who claim believing in God do not know what they are talking about, as the spiritual teacher Eckhart Tolle said in his book *The Power of Now*.

The most important thing here is to understand that God is not a person and has no a particular identity like religions describe. God simply is the Universe. God is within everything and within everyone and thus everything and everyone in the Universe is sacred, is divine. God is not a king or a person on the throne in the heaven. God is not just a point of light that some call him the supreme soul. All those descriptions of God are very limited and basically fundamentally wrong and false and reductionist.

It is time to understand all what religions say about God is fundamentally wrong, false, and deceiving because all religions are man-made. The truth is that there is God but the truth is also that all religions and philosophies are by-products of human mind, human imagination. There is

nothing from heaven as religions claim. Only around 4000 to 6000 years ago, religions started to appear. It happened when deserts started to appear in many parts of the planet and as a result natural resources become less and less. Thus, our ancestors lifestyle changed: patriarchy replaced matriarchy, men dominated women and children, love of wars and empires appeared, and competition, domination & control became main issues. Hence, in such environment religions started to appear to serve the new mentality of men. To understand this fully read [The Fall by Steve Taylor]. You must know that: all religions are byproducts of men's minds and there is nothing from heaven. Everything in religions (dogmas, rule & regulations, customs & traditions, etc.) is from mind of men just like us or even less educated, less enlightened, less wise and less civilized. There is nothing from heaven. If you read and search like me for 49 years, you will reach this same conclusion. All religions were found to serve this patriarchy system, men's competition, domination and control, men's love for war and hatred, men's etc. All religions are man-made. All those called themselves prophets and messengers of God are human just like us or even less educated, less enlightened, less wise and less civilized – they put religious systems for people to organize their lives around them as they saw and as they wanted. But there is nothing from heaven. This is the truth that we know so far.

This is enough to be said.

Someone commented on my article above on my Facebook page with the following comment:

“Science reached thus far – Nothingness. Still science is far behind to reach Somethingness. "We shall continue to show you our Signs in your own selves & in the Universe so that you may reach the Truth.””

Here is my reply to this above comment:

1 – To be fair to science & technology, in my article, I said: the science has concluded so far based on evidences that: all the Universe consists of energy that condenses to give rise to endless varieties of physical forms like stars, sun, plants, animals, humans, etc. of physical forms. As far as the smallest subatomic particles are concerned, the discovery by scientists is that: there are even substructures for these subatomic particles (electrons, protons and neutrons) which can be seen when looked at or not seen and given attention and they disappear when not looked at or not seen and not given attention. So they are there when you look at them and they disappear when you do not look at them. This gave the impression that whole this physical matter that we see and touch is just an illusion of our senses. And that different creatures sense the Universe and what it contains differently. This led to believe the final smallest thing is actually nothing (no-thingness). This led some to say that the Universe or God is no-thingness. The

most important discovery is that everything in the Universe is ultimately energy (formless) and that energy condenses to give rise to the endless variety of forms. So the Universe (God) broadly speaking consists of both forms and formless.

This is what our science & technology informed us so far and this is the truth about the Universe that we know so far. Even one century ago, none of above discoveries were there. Science is open to anything that might come up but this is the evidence based findings so far.

2 – I am very happy to accept whatever future findings science and technology might come up with including if there is what some people call some-thingness which religious people mean by it God. Religious people claim God is a King sitting on the Throne in the Heaven who created Heaven and Earth in 6 days and rested in the 7th day and those religious people are very unhappy and surprised that science and technology is not claiming this idea. I keep repeating, only around 4000 to 6000 years ago, religions started to appear. It happened when deserts started to appear in many parts of the planet and as a result natural resources become less and less. Thus, our ancestors lifestyle changed: patriarchy replaced matriarchy, men dominated women and children, love of wars and empires appeared, and competition domination control became main issues. Hence, in such environment religions started to appear to serve the new mentality of men. To understand this fully read [The Fall by Steve Taylor]. You must know that: all religions are byproducts of men's

minds and there is nothing from heaven. Everything in religions (dogmas, rule & regulations, customs & traditions, etc.) is from mind of men just like us or even less educated, less enlightened, less wise and less civilized. There is nothing from heaven. If you read and search like me for 49 years, you will reach this same conclusion. All religions were found to serve this patriarchy system, men's competition, domination and control, men's love for war and hatred, men's etc. All religions are man-made. All those called themselves prophets and messengers of God are human just like us or even less educated, less enlightened, less wise and less civilized – they put religious systems for people to organize their lives around them as they saw and as they wanted. But there is nothing from heaven. This is the truth that we know so far.

3 – Some ancient enlightened individuals in Buddhist and Hindu traditions have reached the conclusion of nothingness thousands of years ago which now science & technology supports it based on scientific findings. It is just those Middle Eastern religions that keep claiming God is a King sitting on the Throne in the Heaven who created Heaven and Earth in 6 days and rested in the 7th day and their religious people are very unhappy and surprised that science and technology is not claiming this idea and thus they keep diminishing science & technology findings.

4 – Personally, thus far, I am happy to adopt the nothingness based on evidence from science & technology than the some-thingness based on pure delusions of religions (especially Middle Eastern religions) that have

created so much killing, violence, aggression, hatred, division, oppression, suppression & deprivation among human species on this planet since their appearance around 4000 to 6000 years ago till now. Let those religious people first read history of their religions and those of other religions they originated from to see they are purely by-products of minds of men like them, generation after generation being brainwashed with those delusions, before imposing those pure delusions on others by variety of ways and thus creating a real hell on this planet.

This is enough to be said.

A time for self-reflection.

A time for contemplation.

A time for realization.

A time for awareness.

The Buddha sat under the tree whole the night meditating, reflecting, and contemplating about life, about others and about himself and by sun rise in the morning he was enlightened as he reached conclusions and understanding

and that is when he came up with his 4 noble truths that constitute the basis of whole the Buddhist philosophy.

Similarly, feeling defeated and very unhappy about myself and my life, I was forced to stay awake all night yesterday doing nothing just meditating, reflecting and contemplating continuously for over 12 hours. And indeed I also reached some conclusions and understanding about life, about others and most importantly about myself.

Here, I want to share with you my realization as some of you might also have similar problems. I learned that my suffering is at least because of the followings:

1 – I lost what is called “inner peace” since early in life. Throughout my life I was lacking what is called the precious “inner peace” not because of something I have done but because of the dysfunctional environment from the national level to the local community level to the family level. For example, at the national level, my country never stopped wars and violent revolutions and we were isolated from the rest of the civilization. These had huge negative impacts on me as well as on all million others. I just do not want to mention the dysfunction at other levels. A mid of all this I and million others lost their “inner peace” since very early in life. Only now, at age 49 years, I learned to nurture myself and give myself love, care and attention and restore that hugely important “inner peace” and I have decided that no action of anyone whatsoever can destroy my “inner peace” anymore. Now, I maintain my “inner peace” through constant meditation, self-reflection, and

contemplation; that is to say just going inward, going within myself – there is so much peace there.

2 – I was constantly running in my life. I never walked on my own pace. I was always in a race and competition with others to survive. I was always trying to control everything in my life. I never allowed things to naturally unfold in my life. I never allowed God (Life) to work on my life. I was always trying to run from one achievement to another, from one competition to another, and so on. Only now, I learned to slow down and no more running, no more race, no more competition. Now, I learned to walk on my own pace even when walking on the street. Now, I learned to surrender to God (Life) and allow it to run my life and so my day-to-day life can unfold naturally peacefully. Trust me, if we just allow the life to run our life, we will achieve more and be happy, satisfied and fulfilled more. The Chinese proverb says: “If you walk on your own pace, you will walk forever.” The problem with running is that we miss a lot and loss a lot and enjoy little because we are running.

3 – As a consequence of always running, I was always “impulsive.” I never thought before I speak, before I act, before I react, and before I respond. I would only be obliged to think after that when I was facing the terrible consequences of my words, actions, reactions, and responses. Only now, at age 49 years, I learned to think before I speak, before I act, before I react and before I respond. I was only able to do this, after I slowed down considerably.

4 – I always thought it is all about “others”. For example, “others” did this or that to me. Only now, I learned that it is all about “me” and it has nothing to do with “others” because it is only my thoughts, my words, and my actions that create my reality, my life. My whole world is a reflection of me, it mirrors me. I stopped blaming others. If there is anything wrong, it is because there is something wrong with “me”. If I decide to treat absolutely everyone with peace, love and respect, then I will never get anything but peace, love and respect. There is nothing wrong with others if you look inside yourself. Now, I learned to stop blaming others or blaming conditions and circumstances. It has nothing to do with these. It is all to do with myself. My thoughts, words, actions, reactions and responses create my world, my reality.

Hatred, violence & aggression because of religions

First of all, it is clear to everyone who knows that since religions created around 4 to 6 thousand years ago (after change in society from matriarchy to patriarchy) religions fed men’s desire for power, control and domination and their desires for wars, violent revolutions and bloodshed. Of course, people behave according to their beliefs. Religions completely control minds and people completely identify with their religions that clearly promote delusional

thinking, separation, exclusion of others, hatred, violence & aggression, even among different sects of the same religion. That is why, millions (probably billions) of human beings killed in the name of religions throughout human history till now and this will continue as long as religions exist. Hatred, division, barriers, violence & aggression, genocides, and extermination of others never stopped since religions were created by humans like us thousands of years ago.

Religious people must know and understand that their religions are only by-products of human minds, minds of human just like themselves, minds of their ancestors and previous generations, and they have been brainwashed since very early childhood. They must know and understand that what they call “God” means “All That Exists” (God is everyone and everything in the Cosmos; thus, everyone and everything is God, is sacred, is divine). Religious people must be told that God is never is person and she has never whispered in the ears of anyone; there is nothing from heaven; nothing came to humans from heaven through who is called “Angel Gabriel” and Angel Gabriel does not exist, Angel Gabriel never existed; all those claims are purely delusional used by those called themselves prophets and messengers of God to convince people that they are holy and their words are God’s words so that they can control and manipulate people and put religious systems for them. Unfortunately, they not only created religions but also made them very exclusive and full of hatred towards others from different religions and

even legalized what is called “holy wars” or “Jihad” against all others infidels and even against those from different sects of the same religion. If you search and read enough you will realize the above fact. Read history of religions. Read “The Fall by Steve Taylor” and you will understand a lot.

Why I am writing this again and again?

I have written above many times in my notes. I am repeating this again following recent terrorist attacks in the UK. What motivated me to write this was that I was in a meeting with a group of psychiatrists and a psychiatrist (originally from Middle East but born and brought up in the beautiful paradises of Canada – a person who enjoyed the freedom, peace and love of the civilized Canada, studied medicine, human psychology and psychiatry) was defending her religion and only accusing those individual terrorists of being “sociopaths” and she denied anything wrong with her religion (completely in denial that 8 million Syrians, 25 million Iraqis, 20 million Afghani, 110 million Pakistani, 80 million Egyptians, 20 million Libyans and billions others throughout history till now who killed and got killed in the name of religion cannot all be sociopaths or psychopaths and there is nothing wrong with their genes). She brought an example stating “Ben Laden was a sociopath” (completely in denial that the problem of hatred, violence & aggression is not a problem of few individuals but of whole masses of people) and even Ben Laden was not a sociopath or psychopath because he

managed to have wives and children, family and tribe, and was able to recruit thousands and inspire millions from his religion and he was head of a richest company in his country. That psychiatrist from Middle East defending her religion was in complete denial that there is anything wrong with her religion despite the fact that she must have learned the ABC in her medical, psychology and psychiatry education and training that our “beliefs” create our “feelings and behaviours”. Our behaviours are thus by-product of our beliefs. It did not help when I reminded her of this very basic fact about human nature and human psychology. Also, it did not help when I reminded her to read her religion’s holy books that put holy war (Jihad) at the highest value and one of the essential cornerstones of her religion and mentioned it millions of times.

The meeting of those psychiatrists made me really disappointed, sad and grieving, saying to myself if this is the mentality of such a person who was born and grown up in paradises of Canada (although brainwashed by her family and culture from Middle East), what about the mentality of ordinary and ignorant people of her Middle Eastern country? My feelings of disappointment, sadness and grieve motivated me to write this article.

My painful feelings reminded me of one of the basic teachings in spirituality and that is: “be observer, not absorber” like a doctor who must observe his patient’s symptoms – not absorb them. If the doctor absorbs his patient’s symptoms, then they will need another doctor to

treat both of them. For the doctor to help his patient, he must observe the symptoms and not absorb them – not experience them. Thus, my advice to everyone is just to observe these dramas of humans on Earth and not to participate in them – not to be part of them; just take a back seat and watch, observe, analyze, understand, and conclude the wisdom from them. Try not to feel the pain and do not choose to suffer because of them. Try to put your feelings aside and do not react or activate your painful memories from past experiences. Just become objective (not subjective). Just be curious to understand what is going on. That is all. Remember humans behave according to their level of consciousness. Thus, no one is evil; everyone behaves just according to their beliefs (according to their minds). Changing beliefs (changing minds) will change behaviours. Just like me, write and share your articles as much as you can to spread awareness and to increase the level of consciousness among human beings. No enemies. “We are all One; she/he is me and I am her/him”. “We are all One” is our new spirituality movement new gospel.

I meditated on the question why that psychiatrist from Middle East was so out of touch with reality despite being born, brought up and educated in paradises of Canada. The answer I reached is in the following points:

1 – The problem of “ignorance”. That psychiatrist is simply ignorant. Probably she has never read her religion’s books to see how much emphasis is being put on what is called

holy war (Jihad). She simply have been brainwashed by her Middle Eastern family and culture and she have no idea what are the teachings of her religion. So that the best thing to do is to advise her to go back and read a couple of her religion's holy books so that she can see for herself the madness, the sickness and the paranoia in them. Also, advise her to study history of her religion and better history of all other religions to realize that all these religions are man-made, are by-products of human minds of individuals just like her even less civilized and less educated and less enlightened who lived in the darkness of thousand years ago so that she stops claiming that they are holy and stop claiming they are words of God through Angel Gabriel. Once her mind is unblocked, then she can start to understand and see things differently and clearly. From my personal experience, my mind only unblocked and started to see things differently when I left that religion and I became atheist. Atheism was the greatest blessing in my life because it allowed me to see things differently; atheism made me free. Of course, now I am not atheist anymore; and I am happy to call myself as a "spiritual human being" because I believe and know there is a Mystery in the Universe; there is Universal or Collective Intelligence or Consciousness; I am not only physical being but also metaphysical being; I am not only body & mind but also spirit. To me, the best changes are from religion to atheism and then from atheism to spirituality; this is what happened to me; only then you can differentiate superstitions and delusions from accurate and clear vision.

2 – The problem of “extreme attachments”. That psychiatrist had screens not allowing her to see things clearly and not to understand things clearly. Those screens are created by her extreme attachment to her belongings, to her culture, to her religion in particular, and to her etc. She is completely identifying herself with her religion that prevents her from seeing anything wrong with it. What helped me over the years in my life was keeping my mind open to any new information, any new knowledge, any new idea, any new thing that might turn out to be more accurate and closer to the truth. Keeping the mind always open to new information, to new evidences, always leads to awareness and enlightenment. Rigidity and ignorance are twin brothers. Therefore, I stopped being too attached to anything at all including my culture, my thoughts and ideas, and my everything else. My mind is always open and I am always happy to learn new things, to see things from different aspects, different perspectives and different angles, and to see different possibilities from unlimited possibilities. I am now even not too attached to my thoughts and ideas because tomorrow they might change when I see more. Unfortunately, the vast majority of people are ignorant and cannot see clearly because of their screens, because of their extreme attachments. They cannot see things clearly. They identify too strongly with everything (their cultures, their religions, their races, their nationalities, their genders, their etc.). All what you can do is advise them to read something that can stop this extreme attachment like reading Eckhart Tolle books (The Power of Now & A New Earth). I usually present a copy of these books as a gift. That might enlighten these people.

Unfortunately, there is not much you can do to tackle this problem of the vast majority of people on this planet. Only when someone becomes enlightened, they might stop these strong attachments.

3 – The problem of “double standard”. That psychiatrist was happy with her double standard. The vast majority of people have double standard and they are even unaware of this. Simply, they themselves say something and do another thing – behave completely differently. Most people say something and do differently on the ground of the real life. Again only raising the level of awareness can help in this; there is not much you can do about it. For example, that psychiatrist was strongly carrying her religious beliefs, yet at the same time she was wearing most sexy clothes and living liberal lifestyle. Please, do not misunderstand me, there is nothing wrong with wearing most sexy clothes and enjoying liberal lifestyle – this is wonderful and I like it – but that to accompany with an incompatible strict religious beliefs is indeed very strange (those 2 things together are not compatible).

4 – The problem of our “old cultural story” (our religions). As long as there are those religions, there will always be division, barriers, hatred, violence & aggression. Thus, in my opinion, we must get rid of that old cultural story completely. We must get rid of religions, of those delusions. Then we need to adopt our “new cultural story”: the new spirituality movement gospel that is: “We are all One; I am she/he and she/he is me”, “God is all that

exists”, “God is everyone and everything in the Cosmos and thus everyone and everything is sacred, is divine”.

5 – If we leave one single individual on this planet ignorant, that individual will come to us and commit a terrorist attack and ruin the life of everyone. Thus, we must aim at eradicating ignorance completely by always sharing what we learn. Always spread love and light. If today you learn $1+1=2$, immediately share that knowledge and that wisdom with others. Nowadays with modern technology, for example, Facebook, MySpace, Twitter, YouTube, etc., we can reach thousands of others with pressing a button. Please, share what you know and what you learn, so that ignorance is eradicated completely from this planet. Please, learn & teach others.

What is the 1st step in finding a solution to any problem?

The 1st step in finding a solution to any problem is to be able to sit with yourself, to be quite–calm–still, and to reflect & contemplate. That is to say, to meditate on your problems. This is the key to find a solution for any problem.

Unfortunately, the vast majority of people just cannot sit with themselves, they cannot be quite-calm-still, and they cannot reflect & contemplate. They are just on the move constantly at all times. Consequently, they just jump from one problem to another problem because they do not know the 1st step and thus they do not have the key to finding solutions for their problems. Moreover, they get lost in their problems which become more and more, more complex and more complicated.

They will never be able to have peace in the mind unless they sit with themselves in quietness-calmness-stillness, reflect & contemplate and meditate on their problems one after another. This is the key to understanding problems (what, why, how, where, when, etc.) and once this is done, solutions will pour from every corner of their mind and soul.

This key or the 1st step not only brings peace to the mind but also brings love to the heart.

Where our thoughts & emotions come from?

Our thoughts and hence our emotions (about things, events, circumstances and others) are based upon our

earlier learning & experiences immediately after birth and the following years in our lives.

That is to say, our thoughts & emotions are mostly based upon what we were taught by our cultures and religions. In other words, our thoughts & emotions are based upon what we had been brainwashed with.

Thus, the 1st step towards total freedom and enlightenment is to realize & know that those cultures and religions are no more than by-products of human minds (minds of our previous generations and our ancestors who lived in the darkness of thousands years ago) and there is absolutely nothing from heaven and Angel Gabriel never existed, does not exist, and is a pure delusion. Hence, there is nothing sacred about those cultures and religions because all are man-made and there is absolutely nothing from the sky. So get rid of them completely because they are outdated and full of superstitions and delusions and they keep causing divisions, barriers, exclusion of others, hatred, violence & aggression, and wars among fellow human beings even among sects of the same religion.

Just remember, religions are false and man-made but the truth is that there is what is called God which is All That Exists. God is within everyone and everything in the Cosmos. God is in you, in me, in everyone and in everything in the Cosmos. This is what is called God. God

is not a person who is King sitting on the Throne in the Sky as some religions claim.

Personally, I have rejected all religions and rejected everything religions say and instead I have adopted thoughts & ideas of the new spirituality movement in particular teachings of contemporary modern spiritual teachers like Eckhart Tolle and Neale Donald Walsch that really transform and free the human beings from all kinds of superstitions and delusions and set the human beings totally free to follow their own deep integrated feelings.

This is how you can change yourself and this is how you can change your thoughts & emotions (about things, events, circumstances and others).

As a child, did you get your needs met?

As a child, did you get enough love, care, attention & respect from your family?

As a child, did you get enough emotional needs met? Like enough touches, cuddles, hugs, kisses & affection, etc. from your family?

All these emotional needs are free and do not need money and they do not depend on financial status or any other status.

As a child, where you nurtured enough in every aspect and where you made the “centre of attention” by your family?

Ask yourself the same questions as adolescent, adult & elderly.

If the answer to above questions is: “no”, then why? Why you did not get those most basic essential free needs met?

Was it because “men” made themselves the centre of attention with their usual behaviours of competitiveness, possessiveness, hatred, violence & aggression, and wars for their various causes like religions, cultures, nationalities, races, classes, tribes, egos, etc.?

For the humanity to stop these sicknesses, we must get rid of our Old Cultural Story (our religions) and adopt a New Cultural Story based on the new spirituality movement.

For the humanity to stop these sicknesses, men must stop being the centre of attention and stop their sick behaviours

especially competitiveness, possessiveness, hatred, violence & aggression, and wars for their various causes like religions, cultures, nationalities, races, classes, tribes, egos, etc.

For the humanity to stop these sicknesses, children and women must become the centre of attention and they must become free. All must be free.

This is enough to be said.

Old Cultural Story VS New Cultural Story

Our old cultural story means our religions and these have caused unlimited deprivation, suppression, oppression, competitiveness, possessiveness, divisions, barriers, exclusion of others, hatred, violence & aggression, and wars among fellow human beings since they were created around 4000 to 6000 years ago. For all these sicknesses to stop, we must get rid of religions completely and adopt our new cultural story.

But what is our New Cultural Story?

Our New Cultural Story is our new spirituality movement that is based at least on the following 3 ideas:

1 – We are all one. We are Individuated Aspects of Divinity. We are each other. Everything we do to another we do to ourselves.

2 – There is enough for everyone. This means absolutely everything. No need for competitiveness and possessiveness.

3 – There is nothing you have to do to please God. God demands you nothing, absolutely nothing. God has not required you to do anything to please It. God has given you free will. God has not imposed on you any commandments, rules or regulations, or demands. You are free and follow your own deep integrated feelings realising that God is expressing and living through you, through everyone else and through everything else in the Cosmos. God express Itself through Its creation.

This is simply our New Cultural Story from our new spirituality movement for a New Humanity.

Mental Health Issues and Religions / Spirituality

A Facebook friend asked me few questions on Messenger and here I want to share that conversation with you.

First of all, she asked me “how I can overcome my depression” using spiritual books and talks and other resources and she said to me that “I do several meditation practices like different types of Yoga but my depression still does not go away”.

My answer was that, it is true that it is well known in psychiatry and psychology that having some sort of faith or belief like religious or spiritual beliefs is protective against suffering from mental health problems especially anxiety and depression. As a psychiatrist with many years of experience in this field I want to explore this subject further.

When people have the 100% unshakable belief in their religious or spiritual ideas and thoughts, they become very vulnerable to all sorts of mental health problems including major ones like psychosis and in these cases their delusions are around their religious and spiritual thoughts and ideas. Personally, in my practice, I have come across deluded muslims, deluded christians, deluded jews, deluded hindus, deluded buddhists, deluded spirituals,

deluded atheists and deluded etc. All these were clearly psychotic and their delusions were around their beliefs.

So how can we avoid becoming deluded?

The answer is: stop having the 100% unshakable believe that your religious or spiritual ideas and thoughts are “concrete facts” because they are not concrete facts. All religious and spiritual thoughts and ideas are merely human thoughts, merely mental idols, merely human imagination, merely by-products of human mind over thousands of years till now. This is the truth. All religious and spiritual thoughts and ideas are merely by-products of human mind, mind of people just like us, mind of our ancestors and previous generations, and they are merely opinions, merely perspectives, merely imaginations and visualizations. This also apply to all what is called humanitarian, philosophical, theoretical sciences like philosophy, psychology, sociology, and so on. They are merely opinions or perspectives (not concrete facts). They might be right or totally false.

So when people make opinions and perspectives (those religious and spiritual thoughts and ideas) as concrete facts and they believe in them unshakably 100% and when those beliefs affect the peace of their mind and cause distress to them and affect their level of functioning in different aspects of life and and also when those beliefs make them full of hatred, violence & aggression and out of

touch with reality, then certainly they have become deluded by those beliefs and they are now undoubtedly psychotic suffering from serious major mental illnesses.

To say it simply, stop making religious and spiritual opinions and perspectives as concrete facts and stop having the 100% unshakable believe in them because they are not facts, they are merely opinions and perspectives, merely information, merely thoughts and ideas that might be right or totally false. So hold them as just information to help you understand life and get on with your life.

The boundary between “healthily holding those religious and spiritual thoughts and ideas” and “becoming deluded by them” can be very thin.

So, simply, people become deluded by those religious and spiritual thoughts and ideas when:

A – They have the 100% unshakable believe in them and they understand them literally like there is a person called God who is the King sitting on the Throne in the Sky or there is a person who is called Satan or Devil or there are others like angels and Jenny like Angel Gabriel and they all whisper in people’s ears. All these claims are delusional and by-products of human mind’s imagination & visualization over thousands of years ago. None of these claims are actually facts or true.

B – They negatively impact on their level of functioning in different aspects of life for example they cannot keep jobs, they cannot sustain peaceful relationships, they cannot look after themselves and others around them, they become completely pre-occupied by those delusions, etc.

C – They become very distressed by those delusions and full of hatred, aggression & violence towards others.

D – They become completely detached from the reality and they have no insight into their mental health problem.

My Facebook friend said to me: “I cannot read your book or other spiritual books and resources as they take time” and she asked me to give her a “short-cut advise that can completely sort out my life, my depression and my problems”.

I replied to her that, unfortunately, there is no that “magic” tablet or small booklet to give you that can radically change your life, overcome your depression and sort out all your problems. I said to her that “Life is a Process” and you need to start that Process and the sooner you start the better. Most enlightened people have found a book that resonated with them and transformed their lives and then they sought a likeminded group or guru to safely peacefully guide them in that Process.

As a psychiatrist, I want to say the following:

It is true for mild to moderate depression, a spiritual or religious book or even a self-help book might be helpful because it gives structure and understanding to people's minds and it helps them to structure their day to day life and to engage them in social life and groups. However, for severe depression, all that is not enough, and patients need some kind of medication for depression to help them. And when the depression is even more deep that it is associated with psychotic symptoms like hearing voices or becoming deluded (we call it psychotic depression), then there is a need for 2 kinds of medications (one for depression and one for psychosis) in order to help. Furthermore, when it is even deeper depression that is associated with imminent suicidal thoughts, intentions and plan, or at danger of severe dehydration and death due to not eating and not drinking, then there is a need for urgent Electro-Convulsive Therapy (that is electric shock or current applied to the head).

You see: spiritual and religious books, talks, and resources are only helpful in cases of mild to moderate anxiety and depression. But not more than that. This is obvious because you see people finally turning to psychiatrists and mental hospitals for help rather than turning to religious clergymen or spiritual healers. Even those sound minded religious clergymen and spiritual healers advise those

patients to seek help from professionals (psychiatrists and mental hospitals) and they admit that they cannot help. I know a famous worldwide spiritual/religious organization that clearly states they do not accept people with mental health problems among its members.

I remember, when I said to the priest of a church I used to attend that when I get migraine attack I take Paracetamol 1g plus Ibuprofen 400mg at the same time and within half an hour my severe headache is completely gone, he was very surprised that I turn to medicine for help and that I do not only depend on prayers. To him prayers are enough. But personally I found prayers are not enough for that kind of headache – I definitely need medication in addition to prayers.

It is important that all people, especially religious and spiritual ones, understand the value and the role of the science. Similarly, it is important for scientific and professional people to understand that we are not only physical body but also metaphysical mind and spirit.

Is there a “sign” for enjoying a good mental health?

Yes, there is such a sign that can accurately indicate how much mental wellbeing someone is enjoying and that is:

“being able to sit quite–calm–still, reflect & contemplate, meditate, and be insightful (i.e. in touch with the reality)”.

This is simply a sign of mental wellbeing. You can use it confidently to assess people’s mental state.

People who are psychotic or manic cannot achieve this status because they are on the move constantly at all times and they even might not be able to sleep.

Your mind is your prison!

Imagine your mind is your “prison”. So, please, do not lock up yourself in your prison.

Infinite Possibilities!

Our life stories are very different and unique and it is not about comparing and contrasting and judging our life stories against each other but it is about infinite possibilities, each life story is just one possibility.

I visited my local park. I found so many plants. All very different and unique but also all very similar. I could not compare and contrast them. I could not judge anyone of them. I could not prefer or value one over another.

When I looked at an individual plant, I saw thousands of different and unique branches and leaves (not 2 exactly similar yet all look same) (they all were separate yet very connected). I found dead leaves and newly born leaves. I found leaves at different stages of development (no one is better than another, no one is more valuable than another) (they are just themselves and they just co-exist).

What an insight I gained from those few minutes of observation and meditation because the above description also applies to us human beings.

Please, visit your local park, meditate on what you see, and see what you can learn.

The Strategic Advice in Life is:

“Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.”

This is the strategic advice because you are not your thoughts – you are the one deeper who notice them and is aware of them and witness them; you are consciousness. Similarly, you are not your emotions – you are the one deeper who feels them, is aware of them, witness them, notice them and experience them – you are the experiencer, you are the consciousness. Also, you are not your bodily sense perceptions – these are experiences and you are the one deep who is the experiencer, the one who witness and notice them, the deep consciousness.

You are not your thoughts, you are not your emotions, and you are not your bodily perceptions – you are the one who is aware of them, the one who witness them, the experiencer (not the experiences), the deep consciousness (also called Self, Spirit, Soul, etc.)

Thus do not identify with your thoughts, emotions, and bodily perceptions because you are not them; follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.”

Yes, you are not those “inner and outer” experiences because you are the one deeper who is the experiencer, the one who witness and notice them, the one who is aware of them, the deep consciousness (also called Self, Spirit, Soul, etc.)

Thus, follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.” And when you do this, you will constantly open your heart to the flow of life energy, you will constantly feel light, joyful, happy, peaceful within and without, enthusiastic, you will live moment by moment, and you will be present at all times.

You are not your transient fleeting temporary mind & body because you are the one who is deeper, the one who is aware and witness you mind and body, you are the consciousness behind them.

Remember: thoughts, emotions and bodily sense perceptions never stop and thus just let them pass, just witness them and notice them and let them go. Do not block them in your heart. Just relax, release and let them go peacefully from your awareness. Do not cling to them. And when you do that, you will let your fears, likes and dislikes, judgments and comparisons, go away. Thus, you will feel light, happy, joyful, full of love and inner & outer peace, and you will truly surrender to Life/Universe/God (name it as you wish). You will realize that you do not need to control anyone or anything; just let Life flow through you; and you will realize that everyone and everything is in fact perfect at that particular stage and that particular moment in time.

See life as perfect and everyone and everything in life as perfect because of the following reasons:

1 – People will never be as you wish in your mind for them to be and to do what your mind wish them to do. All that wishful thinking is in your mind. It is all in your mind (not on the ground of the real life). People will always think as they wish and do what they wish to do. It is your mind that is creating problem for you here. You are suffering because of your mind. Get your expectations right. Thus, follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily

sense perceptions – do not cling to them – do not resist the flow of life.”

2 – People have different mentalities at any particular time and they will behave according to their mentalities at that particular time. Fears, likes and dislikes, judgments and comparisons, of your mind will constantly make you suffer and block the energy flow in your heart. Thus, follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.” And tell yourself everyone and everything is perfect for that particular time according to their consciousness and awareness level. Remember: there are millions and millions of reasons why people are like that and why things are like that at any particular time. You cannot control all those millions and millions of reasons and factors. Thus, follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.”

3 – Always remember that: Laws of Life (Laws of Universe) are always in process, in action, such as: the law of Karma. And also remember that you do not know the “bigger picture”. Thus, surrender to Life/Universe and do not try to control anyone or anything and that life is always perfect at that particular moment of time. “What goes around, comes

around,” “As you sow, so shall you reap,” “Do unto others as you would have it done unto you.” These Laws of Life/ Universe/God are always in action. Thus, follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.”

4 – Remember people create their own world, their own realities, simply, through their own thoughts, feelings, words and actions. And when they change their thoughts, feelings, words and actions, their world and their realities also instantly change. For example if they think–feel–talk–act peace, they will instantly get peace. Thus, follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.”

5 – Remember: Life runs itself and nothing can stop it or change its course. Do not resist Life flow and totally surrender to Life and put all your trust in Life that eventually (whether in this life time or in a next life) everyone and everything will be alright. Do not be short sighted. Be far sighted. Remember you do not know the bigger picture. Be positive and optimistic and as you are “Love” always ask yourself the following questions:

What Love wants to think here?

What Love wants to feel here?

What Love wants to say here?

What Love wants to do here?

Remember the only rule: “Love, and do whatever you like.”

Follow the strategic advice in life that is: “Always at every minute just witness – just notice – just relax – just release – just let go of your thoughts, of your emotions and of your bodily sense perceptions – do not cling to them – do not resist the flow of life.”

6 – Do not walk or run against the tides and waves of life trying very hard to change the course of life. Running is wrong. Moving against the tides and waves of life is wrong. You cannot change the course of life. You cannot change anyone except yourself and through your example of changing yourself you can influence others to change themselves for themselves by themselves.

7 – Life is change. Always accept and adapt to changes.

Every minute of Love

Just remember this secret: For every minute of Love (in all its various manifestations) that is suppressed (not expressed), there is one kilogram of putting on weight, there is one glass of alcohol consumption, there is one fix of street drugs consumption, there is ten cigarette smoking, there is one hour of depression and boredom, there is ten acts of violence & aggression, and so on.

The “new generation” factor

Sometimes the current generation cannot accept an idea; just hope that the next or the “new generation” will be able to digest it and accept it.

There is nothing wrong with women (women are perfect by nature).

All the problem is in men (that is why, men need proper holistic nurture).

In my book “Understanding Human” [that I wrote in 2004 and it is now available for free download as PDF file from my Facebook page: Omar Murad], I dedicated a whole section to this above idea or fact. Now, in 2017, I still firmly believe in the fact that there is nothing wrong with women and all the problem is in men. Our ancestors lived very differently when the society was matriarchal than we have ever lived under patriarchal system especially in the last several thousands of years.

Women are perfect by nature – they are the embodiment of peace, love, mercy, charity, respect & tolerance. Men, on the other hand, are very different and what make them absolutely mad are things like religions, ignorance, alcohol, street drugs and so on.

In medicine we have “XYY syndrome” [sorry I do not remember the name of the syndrome] – here there is one female chromosome and two male chromosomes instead of one and thus there is too much male hormone testosterone. The characteristic features of this syndrome are: mental retardation and the tendency towards violence

and aggression. You see: what little bit more male hormone testosterone does.

If you add to male hormone testosterone things like religions, ignorance, alcohol, street drugs, etc., then the result is exactly that (i.e. mental retardation, violence & aggression) and that is what we see on the ground of the real life throughout men's history till now.

I must mention that those exceptional men who are really spiritual are in fact just like women with too much femininity within them.

What I have so far learned from life is that: only women can create a paradise on this world (a paradise that is full of beauty, peace, love, mercy, charity, respect & tolerance). Only women can create this paradise.

To me, every woman is a saint unless brainwashed with religions [that have created a picture of saints as those men who renounced all pleasures of life and all worldly needs] or those women who are victims of alcohol and street drugs.

This idea that in order to become a saint you must renounce all pleasures of life and all worldly needs that we got it from religions, is absolutely wrong. And who can

prove this idea to be absolutely wrong are women. Women are saints without renouncing all pleasures of life and all worldly needs.

Your body has needs including pleasures of life like food and love and sex. Thus, enjoy life to its fullness.

Your mind has needs including acquiring knowledge and wisdom. Thus, feed your mind with knowledge and wisdom.

Your Self or Essence or Soul or Spirit or Atman or Consciousness (call it whatever you like) has needs like to connect with Universe and thus meditate as much as you want.

To be really happy and holy enjoy all needs of the body, all needs of the mind and all needs of the spirit – do not renounce anything at all.

Those few men who we call them saints and sages have given the impression that in order to be holy you must renounce all pleasures of life and all worldly needs especially love and sex. This is absolutely rubbish and absolutely wrong. Love and sex is one of the main paths towards sainthood and holiness. This is enough to be said.

Those few men who we call them saints and sages and holy have never been able to create peace in the world. In fact, some of them caused violence and aggression in the name of God among fellow human beings throughout history till now.

If you look at statistics of various crimes and acts of violence and aggression, you will see they are mainly committed by men usually young males and adult males full of male hormone testosterone. It is the male hormone testosterone that is guilty. This is not a coincidence – it is a leading cause and it is time that this is well understood.

To conclude, it is only women through their free liberal beauty, love, sex and care who can create a real paradise on this planet. Men just have to understand this fact and allow women to do it.

This is enough to be said.

At least, to know how much you are privileged !!!!!!!!!!!

According to statistics from last decade:

- 3.6 billion people fall below income of \$3 a day.
- In Russia more than 44 million people live on less than \$1 a day and in China that number is 350 million and in India it is 500 million.
- Nearly 80% of Indians do not have access to electricity.
- In 2 clinics in Indonesia number of patients had fallen to half because people could no longer afford to pay doctors' consultation fee which around 5 cents of US dollar.
- Almost 3 billion people use wood as their primary source of energy.
- 6 million children die every year on Earth from starvation. That is to say, 684 children die every hour from hunger.
- 5% of the population holds or controls 95% of the wealth and resources on Earth.

R.I.P.

Today, I am dedicating my writings this to the soul of my sister-in-law Layla who died today 14/7/2017 from cancer. She was indeed uniquely loving and caring lady. Although she never had children of her own, she very well looked after generation after generation of my nieces and nephews and their children. She was at least mother of 3 generations. She will definitely be very high in spirit rank. She was indeed a very highly evolved being. She definitely have wonderful karma for next lives just like Mother Teresa. I bow to her soul and I will never forget her memory. For more than 6 months she looked after me very well when I was extremely unwell – her care and support was my lifeline. Rest In Peace my sister-in-law. R.I.P.

Everyone you see teaches you something

Every day, Every moment, you see someone and that someone teaches you something. Not only human beings but also other creatures. I have learned so much from watching, observing and seeing animals and plants. But for a moment let us just stick to human beings.

Everyone you see teaches you something and what a quality teaching is this. They are teaching you from their own personal example on the ground of the real life. They are teaching you from their own model.

For example, I only learned to look after myself (hair cut every month, shaving every day, bath every day, wearing clean clothes every day, etc.) after seeing some people who do not look after themselves and thus they look disheveled and smell very bad – no one would sit next to them or even close to them in a bus.

Another example, as a psychiatrist, when I see some deluded people because they have the 100% unshakable believe in their thoughts & ideas (whether delusional or not), I learn to take easy all my thoughts & ideas, all my emotions and all my sense perceptions – and not to identify with them, to always let them go peacefully noticing them and witnessing them go away, not clinging to them, just relaxing and releasing them and letting them go away peacefully. This attitude led me to have light, happy and peaceful mind and heart. Nothing stops in my mind and heart – all go away instantly, thus my mind and heart are always free for the present moment, for the here and now, I am always present (no past and no future in my mind – only the present moment). Consequently, my mind and heart are always light full of love and inner peace. This is an example, from countless examples, of what I learn

from my patients every day. In fact, it is unfair that they pay me because I should be paying them for what I am learning from them every day.

A further example, when you see those alcohol and street drugs addicts with their very poor mental and physical health, they teach you what alcohol and street drugs do to their victims.

Another example, when you see on Facebook and other media facilities people killing people and killers also then get killed in the same or worse way; you see what we sow so shall we reap; you see what goes around comes around. They teach you the consequences of cycles of violence & aggression.

Therefore, never judge absolutely any human being you see because the Life has brought them to you on the ground of the real life in order to teach you something through them, through their examples on the ground of the real life.

It is important not only to appreciate what you have been learning from seeing others but also to always remind yourself that she/he is you and you are her/him. We are all One.

It is important to know that we could have been anyone and we could have done absolutely anything ever done or will be done on the surface of this planet if we were put in their shoes and exposed to their environmental conditioning. If you were put in shoes of anyone you would have done the same or even worse. I always tell myself: if I was put in shoes of Hitler, I would have done exactly what Hitler did and I would have been another Hitler and similarly if I was put in shoes of Mother Teresa, I would have done exactly what Mother Teresa did and I would have been another Mother Teresa. Just remember what the great spiritual teacher Dr Deepak Chopra says: “you are not in the world but the whole world is in you.”

Thus, never judge others – just learn from their examples; appreciate and always look from the eyes full of love & mercy to those who teach you from their own examples on the ground of the real life.

Life and others, everyone and everything you see, are your every minute teachers.

When I started to feel normal?

I only started to feel “normal” having “normal” vision and understanding of life and other people when:

1 – When I got rid of dogma(s) that I was brainwashed with since early childhood, when I got rid of tones and tones of that mental rubbish.

2 – When I stopped to allow my thoughts, my emotions and my sense perceptions to control my life, when I stopped identifying with them, and when I let them go peaceful while I am just noticing them and just witnessing them pass and go away.

Only after the above 2 measures my soul relaxed and I started to listen to my soul, my deep consciousness, and I realized how much I was controlled by them.

Now, I am a free soul, I am one with all that exists, full of peace and love for all that exists; there is peace in my mind and love in my heart. I feel light and always in the present moment, always in here and now, letting life to flow through me – not resisting at all and totally surrendering to life.

This is the key to normal happy peaceful life (letting go of dogmas and letting go of thoughts, emotions and sense perceptions – and not clinging to them).

It is my Karma behind it

Of course, everyone has some degree of suffering. However, it might be more or less depending on person's Karma. I think I suffered a lot in my life and my conclusion is that it is because of my Karma.

[My Karma simply means: my thoughts, my words and my actions; what goes around comes around; what I sow so shall I reap.]

I keep meditating and contemplating on my life so that I can understand myself and know what went wrong and what went right. Although I have been totally peaceful person throughout my life and as a medical doctor I have really saved many and many lives especially during the violent uprising in my country in early 1990s, I have also caused tremendous psychological pain and suffering to myself and to many people especially those I came into direct contact with them.

For you to learn from my experience, here are the things that went wrong in my life causing so much suffering to me and to many others around me:

1 – My usually radical thoughts in every direction I went, my very strong emotions, and my extreme actions. All these because I had always strongly believed that I was absolutely right in everything and that I knew absolutely everything. Consequently, I totally identified with my thoughts, emotions and actions. As a result, I have always believed that others were absolutely wrong and hence deserved my dislike, rejection and hatred; I totally rejected them and even stopped talking to them. Of course, all those rejected by me clearly felt my extreme rejection and consequently must have suffered. I too suffered a lot from that because there were only few individuals that I did not reject. I made many people very unhappy. Simply because I did not accept people and things and the life in general as they were. I always wanted different, ideal, people and things and life in general and when they were not like that I would immediately reject them altogether showing them my disapproval and hatred. I was thus never a calm and quite person. That is why, I suffered a lot and made many others very unhappy. I was concentrating on negatives, weaknesses and shortcomings in others (according to my stupid mind) and the more I did this, the more I saw and as a result the more suffering I brought to my life and to the life of others. I made myself and many people very sad until I came across ideas of the New Spirituality Movement in December 2015 when I first learned not to identify with

my thoughts and emotions (not to identify with my mind, not to identify with my ego). Now that I started to accept people, things and life in general as they are and see perfection in everyone and everything, I suffer much less or not at all and cause no suffering to anyone else. I realized that everyone does her/his best in life according to their level of consciousness and awareness and according to their own Karma. Now I feel that my Karma is improving because I have no or very little suffering. I do not have anymore radical thoughts, strong emotions or extreme actions or reactions. I do not identify with my thoughts, emotions and actions. I just sit and observe and notice my thoughts and emotions pass away and let them peacefully go away.

2 – There was huge fear within me and all above thoughts, emotions and actions were totally fear driven (not love driven). I was always trying to protect my very fearful ego. I was afraid even from my own deep feelings. Protecting my inflated and empty ego was my priority. Once again I learned from teachings of the New Spirituality Movement that we shall replace fear with love. Since I started doing that, I have love and compassion in my heart and peace in my mind. Through my meditation and contemplation, I realized how much fear I had that caused me to suffer and made others also suffer as well. Now, my only rule is: “Love, and do whatever you like.”

3 – Based on my stupid and immature mind, I was very picky, choosing only few people and idealizing them and

excluding all others and dehumanizing them, claiming all of them were not nice human beings, were ignorant and were even evil criminals. And even those few I idealized I would reject them shortly after that once I discovered any weakness or shortcoming from them. As a result, I suffered a lot and made many others to suffer a lot. This was my Karma that led me to have no one around me, no one to love and no one to befriend. Once again my suffering ended with my spiritual growth when I realized that we are all one and the same; no one is purely angel without “the shadow” and no one is purely evil. This reduced my suffering and suffering of many others when I stopped picking and choosing. Now I am happy with choosing everyone and everything exactly as they are without any judgement or comparison. All welcome in to my current very big heart which is enough for all.

4 – Again because of my stupid and immature mind, I was always classifying people into right & wrong, good & evil, moral & immoral, higher & lower, better & worse, etc. All this judgement that I learned from being brainwashed by religions that I adopted over the years since very early childhood had obviously caused me to reject all those I classified them as wrong, evil, immoral, lower, worse, etc. I ended up rejecting 99.99% of all human beings. Thus, not many to love, and not many to socialize with them. This also caused me to suffer a lot and many others to also suffer a lot. But once my spiritual awakening started, I realized that no wrong, no evil, no immoral, no lower, no worse, human beings actually exist. Everyone does her/his

best according their level of knowledge & wisdom, and their level of consciousness and awareness. Now, I wholeheartedly endorse and accept everyone, everything, and life as a whole into my very big heart that is big enough for absolutely all that exists. No more I see human beings as wrong, evil, immoral, lower, or worse. Simply, they are all trying their best to be happy and fulfill their dreams, wishes, desires, and needs according to their level of consciousness and awareness. Nothing is wrong, evil, immoral, lower, or worse. All is good and wonderful. There is an example of this in the nature. If you go to any park, you will see thousands and millions of leaves on trees – none of the leaves are better than another, none are of more value than another, none is more special than another; all leaves are unique as no two are exactly similar and they are all not different as well. We human beings are just like those leaves – no one is better than another, no one is of more value than another, no one is more special than another; we all are similar and unique at the same time.

5 – I never had times to sit behind myself and try to observe and understand myself so that I may know myself. Only when I started contemplating & meditating regularly daily, I started to get in touch with my deep Self (my consciousness) and see clearly my mind, my thoughts, my true feelings and my actions. Subsequently, I could see clearly myself and others. Insight started to come in. My journey towards knowing myself started. As it is said, the core of the wisdom is to know yourself. Once I started this

process, I stopped identifying with anything apart from my deep consciousness, my spirit, my soul. No more my mind (my ego) has any power over me that was causing so much pain and suffering for me and for others.

6 – I thought everything is life is unfair and I must bring justice to everything and change everyone and everything and change the course of the life itself. I did not realize that actually everything is fair and perfect because we create our lives, we create our realities, we create our worlds through our thoughts, words and actions. This again I learned from teachings of the New Spirituality Movement that everyone and everything is fair and perfect according to their Karma – their thoughts, words and actions. I just do not know the full picture, the bigger picture, the full truth. This was again a very big relief for me. I do not need to change anyone or anything. Only I need to concentrate on changing myself, changing my thoughts, words and actions. For example, if I think–speak–act peace & love, instantly I will get peace & love. Now, I am on track and I feel so much love and peace in my heart and mind.

7 – I was very ambitious wanting to be very special and remembered after my death and enter the history from its widest doors. This caused me to suffer a lot. But once I started to grow spiritually, I realized that we are all eternal souls, eternal spirits; we are deathless; we just change our forms life after life; it is just the body, the costume, that we change every time. I stopped fearing death and stopped

worrying about being extinct. I no more think about being remembered and mentioned in history books because all that is actually just fleeting, transient, temporary and in fact just useless. Now, I do not suffer. I know we all are eternal souls, eternal one spirit that individuated into countless lifeforms.

8 – I was always worried about tomorrow and the future. I was either daydreaming or reliving past sufferings which were too many. I was never living here and now in the eternal present moment. I was never content with the only life that we have which is the present moment, the here and now. Now I realize how much I suffered because I was not living life as I was either in the past or in the future. First teachings of the great modern spiritual teacher Eckhart Tolle is to stop living in the past or living in the future but to live only in the present moment of Now where in it located the actual happiness and joy.

9 – I was always identifying myself with something like religion, race, nationality, tribe, clan, profession, etc. This created many enemies for me. I excluded the vast majority of other human beings from my love and was full of hatred towards them. But once I realized that all identifications with other than the soul are wrong and useless and divisive, I started to feel better and developed love for all that exists. We are all One Source individuated into countless lifeforms. This cleaned me from any divisiveness and hatred.

10 – I was always afraid to be possessed or enslaved by someone or by a group, a cult, a party. For example, through marriage. Thus I avoided marriage all my life. And once I realized that you could live a free life, that was a big relief for me. You can happily live your life without marriage and that marriage itself is just another creation of religions which in turn invented by men like us hundreds and thousands of years ago. All religions are man-made, they are created by men like us. There is absolutely nothing from the sky. That realization was a big relief for me – I can be free and live a free life. The modern practice of “dating” in the West, to me, is very healthy and fulfilling.

11 – I never appreciated what I actually had in life – because I always wanted more and more. Once I started to actually see all what I have and expressed gratitude to the Universe for all that I have, I felt much better and stopped suffering and stopped wanting more and more. Being content was the end of my suffering. Spiritual people express gratitude for absolutely everything in their lives (good and bad) and they do not see bad as bad but all as good and they always think positively and are always optimistic.

Since December 2015 when I read Eckhart Tolle books (The Power of Now & A New Earth) and subsequently books of other modern contemporary spiritual teachers like Neale Donald Walsch, Michael Singer, Deepak Chopra, etc., I feel

much calmer within, much relief, peace in my mind and love in my heart for everyone and everything in the Cosmos, for all that exists. This is because my Karma improved as a result of that. I will keep improving my Karma (my thoughts, my words, and my actions). This is all I need to do and everything will fall in place naturally peacefully.

Isn't it ... so why you are sad, worried and anxious?

I love my job, when I am on call sometimes it is very busy and sometimes it is quite, giving me time to do what I like: reading my spiritual books, contemplating and meditating. This article is product of tonight when I am on call – I had time to read a book and when I finished it I just lied down on duty doctor's bed contemplating and meditating and at some point I fell asleep and I actually dreamed – trust me, even during my dream I was still contemplating and meditating like The Buddha trying to find answers. When I woke up, I quickly wrote notes that resulted in this article.

Isn't it so why you are sad, worried and anxious?

Isn't the fact that our bodies and minds are temporary fleeting transient and we all will become dust, and forgotten, and then nothing. Isn't the fact that only our soul is eternal and nothing harms the soul that just move from one lifeform to another lifeform. When you are on death bed, what worldly thing is really of importance to you? Isn't this is the case so why you are sad, worried and anxious about temporary transient fleeting worldly things?

Isn't that you can instantly change your life by just changing your thoughts about anyone, anything or any life situation? It is not events that impact on us but it is our interpretation of those events. An event some people take it easy but others take it very seriously. It is all about how you think. Change your thinking if necessary. Change your views if necessary. See from different perspectives and different angles. See the other side of the coin. See the shades of grey. Isn't it the case that we choose and create our reality, our own world, through our own thoughts? Thus, change your thoughts and instantly your world and your reality will automatically change. If you think peace and love, instantly you will get peace and love; if you think hatred, violence & aggression, instantly you will get hatred, violence & aggression. You get exactly what you think. Isn't all about how you think which you can change it at any minute so why you are sad, worried and anxious?

Isn't all judgements and comparisons are thoughts of the mind that have nothing to do with life reality and isn't all

are opinions (not facts)? Isn't all your judgements and comparisons that cause you to suffer? Stop judging and comparing because it is all wrong. "Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the specks of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, "Let me take the speck out of your eye" when all the time there is a plank in your own eye?" (Matthew 7:1-4) Isn't all judgements and comparisons are thoughts of the mind that you can stop instantly so why you are sad, worried and anxious?

Isn't every need or every requirement is actually an illusion of the mind because you can do it without them and actually you need nothing and require nothing? Imagine anything in your mind and realize that you can survive without it and it is all in the mind. And if you can convince your mind that you need nothing and you require nothing to survive, so why you are sad, worried and anxious? Isn't everything is actually perfect at each moment which is the result of the thoughts of the previous moment? Our today is the result of our thinking yesterday and our tomorrow will be the result of our thinking today. So if you are not happy today, change your thoughts and your tomorrow will be different. All changes start with changing thoughts. Thoughts, feelings, word and actions are the actual Creators but all start with thoughts. "What you sow so shall you reap." And if it is all to do with changing of

your thoughts and you can do that, so why you are sad, worried and anxious?

Isn't we can control our lives instantly by deciding how it could be in our minds? Isn't we can control our thoughts just by thinking what we really want? Isn't the case that we can create our present and future life through our present thoughts? Isn't all to do with the mind, all in the mind, and you can control your mind so why you are sad, worried and anxious?

Isn't the case that you can take people and treat people according to their mentality and see everyone is right at any particular moment based on their mentality at that time? You can simply see and tell them that "they are right" and end all arguments with them. And if you want to help them, help them to evolve. If everyone is "right" according to their mentality at that particular moment, according to their conditioning and backgrounds and all other factors, and according to their consciousness level (and accordingly they behave) and you can see all that and you can understand all that, so why you are sad, worried and anxious?

Isn't the case that the Law of Karma is always in action? People just get what they think, talk and act. If they think-talk-act peace & love, instantly they will get peace and love. If they think-talk-act hatred, violence & aggression,

instantly they will get hatred, violence & aggression. Karma simply means: thoughts, words and actions; what goes around comes around; what I sow so shall I reap. If people (you and absolutely anyone) can instantly change their thoughts, words and actions, and thus they change their worlds and their realities so why you are sad, worried and anxious?

Isn't the case that eventually everyone, every soul, will be alright and achieve enlightenment whether in this life or the next or the next or the next so why you are sad, worried and anxious?

Isn't the case that you can always choose to see more, to see the bigger picture, to understand more, so why you are sad, worried and anxious?

Isn't the case that what was expensive yesterday is free today and what is expensive today will be free tomorrow? For example, 20 years ago I dreamed to reach so many people instantly and for free and today through Facebook hundreds read my articles and who know how many in future and through what. If you just become patient and trust life everything will be possible so why you are sad, worried and anxious?

Isn't all what you want is to please everyone and get respect, recognition, acceptance and approval from everyone? If you can achieve all that through smiling, treating everyone as dearest friend, and not worrying about their reactions and the outcome, and you can do all that, so why you are sad, worried and anxious?

Isn't the case that all philosophies including all religions are merely by-products of human minds, created by people like you and me, and there is absolutely nothing from heaven? If it is alright to choose any of them or none of them and if it is okay for everyone else to choose any of them or none of them to achieve enlightenment so why you are sad, worried and anxious? Isn't absolutely all paths eventually lead to mountaintop? Forget which one is faster or better because 7 billion human beings will choose 7 billion paths to reach the mountaintop and if that is okay so why you are sad, worried and anxious?

Isn't the case that everything in life is cyclical – nothing remains the same, everything change from up to down and down to up, from top to bottom and bottom to top, and so on and if this is the nature of life so why you are sad, worried and anxious?

Isn't "whole the world inside each one of us"? This means I, you, and absolutely everyone else have the potential to do whatever had ever been done in the past, is ever being

done now, and will ever be done in the future, on the surface of this planet, if we were put in the same shoes of those who have done it. That is to say, we all have that potential inside us. We all human beings have whole that world inside each one of us. We all human beings have same seeds inside each one of us. This means, we all human beings have same needs, desires, dreams, fantasies, wishes, etc., but they are expressed differently depending on many factors like genetic vulnerability, environmental conditioning, etc. The point is that: each one of us have same seeds. Therefore, as Jesus said: “Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the specks of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, “Let me take the speck out of your eye” when all the time there is a plank in your own eye?” (Matthew 7:1–4). If you are just like everyone else, and if all have similar potentials and same seeds, so why you are sad, worried and anxious?

Isn't all above is something to do with yourself and nothing to do with others and as you have total control and power over yourself and you can change yourself instantly at any moment, by changing your thoughts, words and actions, so why you are sad, worried and anxious? Just look within yourself for answers and stop looking outside; stop blaming and accusing others; stop condemning others; stop looking outside of yourself. It is all to do with yourself

and nothing to do with others. Concentrate on yourself and completely forget others. Take responsibility for yourself and forget others to be responsible for you. The core of the wisdom is to “Know Yourself”. And if you can change yourself and control yourself and get answers from within yourself, so why you are sad, worried and anxious?

Stay superficial with them and do not discuss anything with them; do not go deep with them at all !!!

Yesterday in my city centre in the shopping centre, I came across a couple of men sitting behind a table selling their religion's books. I said hello to them and asked them how much they pay to the authority of the shopping centre to be able to sit there and sell their books (in my head thinking that I might do the same with New Spirituality Movement books in my spare time on holidays) and they were very helpful and very kind and immediately they showed me their papers and bills and I found it to be really very expensive so I instantly dropped my project from my head and just enjoyed talking to them. I immediately loved them because they were so polite and helpful and kind. I left them to sit on a public chair not far from them and started reading one of my spiritual books by Neale Donald Walsch [What God Said].

I kept reading and a lady came to me selling her product and we had a very nice lovely chat and she left. I returned to my book but then I remembered those 2 men and how nice, kind and polite they were. So I closed my book and went to them – they were just sitting chatting to each other and no one was actually buying their religious books but because they were in a mission they were happy just doing that. I greeted them and said to them that I fell in love with them because they were so polite and kind and helpful people and I asked them if I can know them and visit them between time and time. They indeed welcomed me. But soon they asked me about my religion. When I said to them that I do not have any particular religion and that I consider myself just as a “spiritual human being” respecting all kinds of beliefs and equally no beliefs as well. They were surprised by my answer and they immediately started to offer me their religion and when I explained to them my own current beliefs they were not happy with it and kept offering me their religion stating that their religion is the only right path. I kept telling them that all paths lead to the mountaintop and that I am happy with my own path that I have chosen after 49 years of spiritual journey but that did not go in at all and they kept arguing and pushing their religious views on me and I really felt so uncomfortable and so unhappy having that discussion with them. I realized how much they were delusional and deluded by their religion. So I politely said to them “I have to go and bye” and went on my way. They indeed filled me with negativity and anger.

Retrospectively, I asked myself how everything was nice when everything was superficial but as soon as discussion of philosophies started, arguments, differences and negativity started to arise. Now, I have no intention to visit them again and even if I see them I will be very superficial with them just saying “Hello; how are you?” and politely leave them. They were not interested in listening to me at all; they were not interested to listen to what I was also saying to them at all because they were not interested in any other point of view and they had 100% unshakable believe that their path is the only true and right path and all others will go to hell. They were completely deluded by their religion. I felt so sorry that those 2 men who appeared at a superficial level so polite, helpful and kind but at a deeper level they were so delusional that I could not continue conversing with them for more than 10 minutes. Never mind how can I live with such people?

I concluded that “our problems that were and till now are created by religions cannot be solved by religions” and I fully agree with what Albert Einstein who said that: you cannot solve any problem by those same methods that created the problem in the first place.

The New Spirituality Movement suggests to people to believe and say that “I have a path which is not better than

any other path” and not to say that “I have the path which is better than all other paths.”

Some indicators or signs of being enlightened

There are some indicators of being enlightened (i.e. reached the mountaintop) and these are some of them:

1 – The most important indicator for being enlightened (which is also the highest level of being civilized and top level of kindness) is: “when no one is really anymore afraid of you,” “when everyone feels and perceives that you are really harmless person.” This is the top indicator that you are being enlightened and that you have really reached the mountaintop. And on top of this “harmlessness”, when you also become “helpful to absolutely everyone including all other life forms like animals and plants”, OMG you have really conquered the top of the mountain of enlightenment. You are really being enlightened. It is as simple as this.

2 – Another indicator that are an enlightened being and that you are already reached the top of the mountain is that “when you understand others and empathize with them instead of judging them and condemning them.” You

are enlightened when you see the bigger picture and that “we all are one” and that “we all are similar although we all are unique as well”. When you can see strengths and weakness and vulnerabilities of yourself and of others and put yourself in their shoes and empathize with them and thus you stop judging them and you stop condemning them, then you are really enlightened. You are enlightened when you see “you are her/him/it and she/he/it is you.” It is as simple as this.

3 – A further indicator that you are really being enlightened and that you reached the mountaintop is that “when you feel joy and inner peace within yourself and that you are content and happy with the path you have freely chosen to reach this joy and inner peace and also equally when you are happy for all others to choose whichever path they freely want for themselves and they are happy and content with them.” Remember, 7 billion human beings will choose 7 billion paths to reach the mountaintop. There is no better, faster or shorter path – they are all merely paths and they all eventually lead to the mountaintop – to enlightenment. People usually choose the path they are familiar with it culturally and happy with it personally regardless of anything else. Thus, to be enlightened, be happy for others to be happy for whatever path they have chosen for themselves. Be free and let others be free. Enlightenment is as simple as this.

4 – Another sign for being enlightened is that: “Accepting the ISNESS of life; and accepting that life is change and thus accepting and welcoming changes.” “First, accepting people and things as they are, then after you can wisely and peacefully help to improve and change if necessary.” Enlightened people are happy wherever you put them and with whoever. They do not have demands from others. They are very simple and easy going. They are very realistic and down to earth.

Thus, enlightenment is not an unachievable goal – it is simply the top of the mountain which you can reach at your own pace using whichever path you want – all paths eventually lead to the mountaintop and all paths are equally valid. To reach the mountaintop, you do not need to read thousands of spiritual books. You do not need anything to become enlightened and if you just have the above indicators, for example, you have already reached the mountaintop and you are already being enlightened. It is as simple as this.

Unique worlds and unique realities

We all have our unique individual worlds and individual realities. Each one of us, and also each life form, has her/his/its own unique world and unique reality.

Thanks Universe I have many siblings and we are all unique not only in our minds and mentalities but also in the kind of world and realities we created for ourselves. Our genes are slightly different and unique, our environmental conditioning including our childhood experiences are slightly different and unique, our minds and mentalities are slightly different and unique. In other words, we have different worlds and realities; we think, feel, act and see differently; each one of us has her/his own world and reality. But no one is better than another; no one is of less value than another; and in no way one should judge or condemn another. Just like thousands leaves of a tree – no one leaf is better than another, no one leaf is exactly similar to another – each leaf is unique although they all are also very similar. Please, just look and meditate on any tree in your local park or from the window of your room to realize this very important observation.

This also applies to the whole human race and also all other life forms like animals and plants. For example, deers have their own unique worlds and realities; lions have their own unique worlds and realities; ants have their own unique worlds and realities; frogs have their own unique worlds and realities; similarly all other macro and micro life forms have their own unique worlds and realities.

We just need to stop judging, comparing or condemning because eventually we all act according to our unique mentalities and realities and our level of consciousness. The “ultimate wisdom” is to understand this and to know that no one is better than another. We all are playing our unique individual musical instruments in this Universal Drama (Life).

Just different paths, just different ways of living, just different systems!!!

Remember: each way of life (each system, each path, each religion, each etc.) is just a “model” and each model has its positives and its negatives, its advantages and its disadvantage, depending on how you look at it and from which perspective (which angle) you look at it.

And bear in mind that: absolutely everything you see on this planet (including every system including every religion and every spiritual path) is man-made, is by-product of minds of our previous generations and ancestors; there is absolutely nothing from the sky.

Really enlightened people realize that there is no better and no worse system – they are just different systems, just different models, and different people just fit well in different systems and they are equally happy with the system they have chosen for themselves and they fight to keep it and protect it.

Thus, different systems are just different ways of living. They are just different – no better one and no worse one. They are just different paths to the mountaintop. Please, do not compare, do not contrast, do not judge. Please, create your own path if you are not happy with all what is available exactly as I am doing right here and right now.

The most important thing in whole this subject is for people to be able to freely choose the way they are happy with it. The most important thing is to be absolutely “free” to choose whichever system you want or to move from one system to another whenever you want or not to have any system at all but have your own personal one.

Really enlightened people realize that all ways, all paths, all models, and all systems, eventually lead to the mountaintop, to enlightenment.

So it is this “freedom & peace” that is important (not the fighting among different systems).

We all generalize!!!

Millions of people enjoy alcohol safely within safe limits and they enjoy socializing around it. It is only that small percentage that becomes alcohol addicts that make people hate alcohol and reject it altogether.

Similarly, millions of people enjoy practicing religions safely and peacefully and they enjoy socializing around it. It is only that small percentage that becomes extreme and violent and aggressive and full of hatred towards other religions and sects that make people hate and reject religion altogether.

In early stages of my life

When I was a child, adolescent and young adult, I just could not see or understand things and people and life as now I am able at age 49 years.

What is more, my spiritual growth and the new spirituality teachings especially teachings of modern contemporary spiritual teachers like Eckhart Tolle, Neale Donald Walsch,

Deepak Chopra and Michael Singer have completely transformed my understanding and my vision.

Before, I could never have the mentality of today; and the mentality of tomorrow will be even much brighter.

Thus, remember 2 crucial things for growth and development (for evolution) and they are:

- 1 - Advancement in age and experience.
- 2 - Acquiring knowledge and wisdom.

We keep looking outside (not within) for our wants and needs!!!

Unfortunately, the vast majority of people are constantly looking outside of themselves for whatever they want and need. For example, they make themselves totally dependent on others to make them happy and satisfied. Not surprisingly, we keep getting disappointed because what can really make us happy and satisfied is not something outside ourselves but something within ourselves (what we want and need is actually inside ourselves).

Examples of outside things that people seek are countless; most obvious ones are street drugs, alcohol, cigarettes, food, etc.

Personally I feel joyfulness, happiness and satisfaction mostly when I am meditating (when I just sit calm relax quite reflecting contemplating at early hours of the morning when everyone is asleep and I can only hear voices of birds and night creatures) – at that time I am not asking outside world anything and I go within myself where I find absolutely everything I want and need.

Thus, stop looking to and seeking from outside – just go within yourself where there is so much there for you for free.

Unfortunately, it is a fact that: The whole “Outside World” cannot permanently make you happy and satisfied. It is the “Inside World” “Inside Yourself” that can do that – can make you permanently happy and satisfied. May be this is fortunately, because then you do not need anyone or anything outside yourself.

Unfortunately, they do not understand themselves and they do not understand Life!!!

Unfortunately, the problem of the vast majority of people in the world is that they do not understand themselves and they do not understand Life and stages of life. Not surprisingly, they are so confused ending up in all sorts of dramas and all sorts of mental and physical health problems.

Very early in life, I became aware of this problem and indeed my first book was about understanding human and understanding Life and stages of life. And till now, my main priority is to understand myself and the rest of the humanity and understand Life and stages of life.

The core of the wisdom is to: "Know Yourself."

The enthusiastic religious people!!!

Let me make this clear especially for all kinds of religious people who are very enthusiastic about easily converting others from other religions or sects on to their particular religion or sect.

I tell them: "You must be really mad and completely deluded if you think you can convert people from other religions or sects on to your own particular religion or

sect." Evidences on the ground of the real life only show that just handful individuals might convert from one religion to another or from one sect to another. More commonly it happens from religions to atheism once they discover they are all man-made and there is absolutely nothing from the sky.

We know there are only trends of change or conversion when associated with massive force and occupation or colonization like that happened in Former Soviet Union early in the 20th century when whole the culture and society converted from religions to atheism. But that only lasted for around one century then people went back to their religions. Similarly, many centuries ago Egypt converted by constant force over a long period of time (over generations) from one sect to another.

It is very difficult to convert religious people to another religion or sect simply because they get brainwashed since very early in childhood and thus religion becomes their identity (they identify themselves with their religions) even if they never practice it. They will fight to keep it and protect it. As an example, just see what is happening in Syria and Iraq where sectarian violence is in progress since many years.

An exception to above is handful individuals who do not fit into their culture for whatever reason or who are open minded and when they discover something wrong with their religion they might leave it to another religion or to no religion at all.

In the last half century there was a trend towards atheism in the developed world and more recently both religious people and atheists move towards the New Spirituality as people discover that absolutely all religions are man-made (by-product of minds of their ancestors and previous generations who put religious systems for them to organize their lives around them) and there is absolutely there is nothing from the sky.

Here, I want to say to those enthusiastic religious people: “hang on and stop being deluded; it is better to get in touch with reality on the ground of the real life. It is okay to choose a path for yourself that you are fully happy with it but certainly your path would not be the path for everyone. Let everyone else be free to choose whichever path they are happy with it. You religious people stop manipulating each other; we have enough hatred, barriers & divisions, violence & aggression, and killing & wars because of your rubbish.”

I am so sorry for being so harsh on religions but I feel the pain and suffering caused by religions throughout history till now – more people suffered and killed in the name of religions than all other causes all together.

Core Messages of the New Spirituality Movement:

The followings are “25 Core Messages” from “Conversation with God series” written by the wonderful modern contemporary spiritual teacher Neale Donald Walsch.

Neale Donald Walsch has written over 27 books and they constitute main teachings of the New Spirituality Movement. Personally, I have bought all those books and so far read [Conversation with God – book 1, book 2, & book 3, Conversation with Humanity – part 1, part 2, Friendship with God, Communion with God, Conversations with God for Teens, Conversations with God for Parents, Tomorrow’s God, What God Said] – my plan is to read all of his books and then I will come back to them and try to summarize them and present those teachings in my simple straightforward way on my Facebook page. All those books are easy to read as written in a very ordinary simple language. Many of those books have already been translated to other languages. Please, get those books and expand you spiritual understanding, wisdom and vision.

These “25 Core Messages” taken from “What God Said,” please, get the book for explanations and details:

1 – We are all One. All things are One Thing. There is only One Thing, and all things are part of the One Thing There Is. This means that you are Divine. You are not your body, you are not your mind, and you are not your soul. You are the unique combination of all three, which comprises the

Totality Of You. You are an individuation of Divinity; an expression of God on Earth.

2 – There's enough. It is not necessary to compete for, much less fight over, your resources. All you have to do is share.

3 – There's nothing you have to do. There is much you will do, but nothing you are required to do. God wants nothing, needs nothing, demands nothing, commands nothing.

4 – God talks to everyone, all the time. The question is not: To whom does God talk? The question is: Who listens?

5 – There are Three Basic Principles of Life: Functionality, Adaptability, and Sustainability.

6 – There is no such thing as Right and Wrong, there is only What Works and What Does Not Work, given what it is you are trying to do.

7 – In the spiritual sense, there are no victims and no villains in the world, although in the human sense it appears that there surely are. Yet because you are Divine, everything that happens ultimately benefits you.

8 – No one does anything inappropriate, given their model of the world.

9 – There is no such place as hell, and eternal damnation does not exist.

10 – Death does not exist. What you call “death” is merely a process of Re-Identification.

11 – There is no such thing as Space and Time, there is only Here and Now.

12 – Love is all there is.

13 – You are the creator of your own reality, using the Three Tools of Creation: Thoughts, Words, and Actions.

14 – Your life has nothing to do with you. It is about everyone whose life you touch and how you touch it.

15 – The purpose of your life is to re-create yourself anew in the next grandest version of the greatest vision ever you held about Who You Are.

16 – The moment you declare anything, everything unlike it will come into the space. This is the Law of Opposites, producing a contextual field within which that which you wish to express may be experienced.

17 – There is no such thing as Absolute Truth. All truth is subjective. Within this framework there are five levels of truth telling: Tell your truth to yourself about yourself; Tell your truth to yourself about another; Tell your truth about yourself to another; Tell your truth about another to another; Tell your truth to everyone about everything.

18 – The human race lives within a precise set of illusions. The Ten Illusions of Humans are Need Exists, Failure Exists, Disunity Exists, Insufficiency Exists, Requirement Exists, Judgement Exists, Condemnation Exists, Superiority Exists, and Ignorance Exists. These illusions are meant to serve humanity, but it must learn how to use them.

19 – The Three Core Concepts of Holistic Living are Honesty, Awareness, and Responsibility. Live according to these precepts and self-anger will disappear from your life.

20 – Life functions within a Be-Do-Have paradigm. Most people have this backward, imagining that first one must “have” things in order to “do” things, thus to “be” what they wish to be. Reversing this process is the fastest way to experience mastery in living.

21 – There are Three Levels of Awareness: Hope, Faith, and Knowing. Spiritual mastery is about living from the third level.

22 – There are Five Fallacies about God that create crisis, violence, killing, and war. First, the idea that God needs something. Second, the idea that God can fail to get what He needs. Third, the idea that God has separated you from Him because you have not given Him what He needs. Fourth, the idea that God still needs what He needs so badly that God now requires you, from your separated position, to give it to Him. Fifth, the idea that God will destroy you if you do not meet His requirements.

23 – There are also Five Fallacies about Life that likewise create crisis, violence, killing, and war. First, the idea that human beings are separate from each other. Second, the idea that there is not enough of what human beings need to be happy. Third, the idea that in order to get the stuff of which there is not enough, human beings must compete with each other. Fourth, the idea that some human beings are better than other human beings. Fifth, the idea that it is appropriate for human beings to resolve severe differences created by all the other fallacies by killing each other.

24 – You think you are being terrorized by other people, but in truth you are being terrorized by your beliefs. Your experience of yourself and your world will shift dramatically if you adopt, collectively, the Five Steps to Peace:

A – Permit yourself to acknowledge that some of your old beliefs about God and about Life are no longer working.

B – Explore the possibility that there is something you do not fully understand about God and about Life, the understanding of which would change everything.

C – Announce that you are willing for new understandings of God and Life to now be brought forth, understandings that could produce a new way of life on this planet.

D – Courageously examine these new understandings and, if they align with your personal inner truth and knowing, enlarge your belief system to include them.

E – Express your life as a demonstration of your highest beliefs, rather than as a denial of them.

25 – Let there be a New Gospel for all the people of Earth: “We are all one. Ours is not a better way, ours is merely another way.”

Read this and meditate on it:

Our wonderful and great spiritual teacher Neale Donald Walsch mentions in his book “God’s Message to the World” on page 70 – 71 the following:

We assert that people should know better because we like to think of humans as highly evolved. In fact, humanity has just emerged from its infancy. In their book “New World New Mind,” Robert Ornstein and Paul Ehrlich placed this in perspective in one mind-boggling paragraph:

“Suppose Earth’s history were charted on a single year’s calendar, with midnight January 1 representing [the origin

of Earth] and midnight December 31 [the present]. Then each day of Earth's "year" would represent 12 million years of actual history. On that scale, the first form of life, a simple bacterium, would arise sometime in February. More complex life-forms, however, come much later; the first fishes appear around November 20. The dinosaurs arrive around December 10 and disappear on Christmas Day. The first of our ancestors recognizable as human would not show up until the afternoon of December 31. Homo sapiens – our species – would emerge at around 23:45. ... and all that has happened in recorded history would occur in the final minute of the year."

As you can see, we are astonishingly young species, and, not surprisingly, very immature.

And so, we have used violence to produce outcomes that we were sure justified its use (even if it meant death of millions of innocent men, women, and children).

And so, we have used domination – sometimes cruel, heartless domination – to generate results we were sure were desirable to experience (even if it subjected the entire population of a country or an area to ruthless suppression, persecution, and maltreatment).

... ..

And so, we have used self-righteousness – sometimes appalling, execrable self-righteousness – to generate a sense of self-worth that we were sure we deserved (even as

we told others that they were unworthy and were going to be condemned by God to hell).

Quick Quiz:

Are these statements True or False?

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1 - God is to be feared.

2 - God may not even exist.

3 - God exists and is a superhuman male being.

4 - God demands obedience.

5 - God sees us as imperfect, and we may not return to God in an imperfect state.

6 - God requires us to believe in God, and to worship God in a specific way.

7 - God is vengeful and God's love can turn to wrath.

8 – God was at war with the Devil, and that’s how this all began.

9 – God determines what is right and wrong.

10 – God’s forgiveness is required for us to get into heaven.

11 – God has a plan for us.

12 – God is on our side.

13 – God honors self-sacrifice, long-suffering (preferably in silence), and martyrdom.

14 – God sometimes answers our prayers and sometimes does not.

15 – God will reward us or punish us on Judgement Day.

16 – God wants us to return to heaven.

17 – God is separate from us.

Answer key: All of these statements are false.

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To understand whole this subject in detail please read
“God’s Message to the World” by our wonderful and great

modern contemporary spiritual teacher Neale Donald Walsch – who is the main author of the New Spirituality Movement.

How religions created?

The following paragraphs taken from “The New Revelations, pages 31–32” a life-changing transforming book written by our wonderful modern contemporary spiritual teacher Neale Donald Walsch:

In your most primitive times, what you would call the caveman era and before, humans did not comprehend the simplest aspects of life around them. All they knew was that there was life around them. That is, there was something other than them.

This other thing that existed demonstrated itself all around them. It showed up as wind and rain, sun and moon and cloud, plants and trees and tiny living things that you now call insects and large living things that you now call animals, and as spectacular effects such as fires that started spontaneously in the forest, thunder and lightning from the sky, huge waves on the ocean, and, sometimes, a frightening shaking of the very ground itself.

Now, Homo sapiens did not know what to make of all these things. They did not know why people died, why hurricanes or tornadoes or droughts came along and destroyed everything, or why anything happened at all.

In order to make some sense of these things, early humans concluded that there must be some power greater than theirs that made these things occur. They imagined “spirits” that caused good and evil to manifest itself in their lives in many ways.

As they watched day turn into night and night into day, grass grow and flowers bloom, and trees lose their leaves and get them back again, they began to deify nature. They imagined “rain gods” and “the sun god” and many other gods that did things according to mood and whim. What had to be done, they reasoned, was to somehow affect this mood and to please the gods, and then the gods would do as they asked.

All manner of rites and rituals were created to “call forth” the spirit of whatever gods might be needed or desired at the moment, to placate them and to honor them and to get them to do what humans earnestly requested. There were rites of fertility and rites of passage and rituals of every kind and intention. These developed through the centuries into what became what some of you now call pagan customs.

Myths grew up around how sacred powers directly influenced life on earth, and about how life on earth can directly influence sacred powers. These myths became oft-told stories, which turned into beliefs. That is, they became true for people.

When myth turns into truth, it becomes organized religion. From so-called pagan religions to the mainstream religions of your time was not a very big leap. Most humans today continue to believe in a power greater than themselves, and most human continue to believe that there is something they must do to placate the Source of that power.

Today on your planet there are thousands of religions, some honoring a plurality of gods, and some worshiping a single god.

I want to say: spirituality does not mean religion; spirituality is not equal to religion; spirituality has nothing to do with religion; spirituality is very different from religion.

The New Revelations

The following paragraphs are from our wonderful great modern contemporary spiritual teacher Neale Donald Walsch (the main author of the New Spirituality) from his book *The New Revelation*, pages 340–341.

1 – God has never stopped communicating directly with human beings. God has been communicating with and through human beings from the beginning of time. God does so today.

2 – Every human being is as special as every other human being who has ever lived, lives now, or ever will live. You are all messengers. Every one of you. You are carrying a message to life about life every day. Every hour. Every moment.

3 – No path to God is more direct than any other path. No religion is the “one true religion,” no people are “the chosen people,” and no prophet is the “greatest prophet.”

4 – God needs nothing. God requires nothing in order to be happy. God is happiness itself. Therefore, God requires nothing of anyone or anything in the universe.

5 – God is not a singular Super Being, living somewhere in the Universe or outside of it, having the same emotional

needs and subject to the same emotional turmoil as humans. That Which Is God cannot be hurt or damaged in any way, and so, has no need to seek revenge or impose punishment.

6 – All things are One Thing. There is only One Thing, and all things are part of the One Thing That Is.

7 – There is no such thing as Right and Wrong. There is only What Works and What Does Not Work, depending upon what is that you seek to be, do or have.

8 – You are not your body. Who you are is limitless and without end.

9 – You cannot die, and you will never be condemned to eternal damnation.

Please, get the book and read it to understand the above wisdom. It is ideal to read this book after reading his books “Conversation with God – book 1, book 2 & book 3.”

**“Remembrances” about dying and death from the book:
“Home with God” by our wonderful and great modern
contemporary spiritual teacher Neale Donald Walsch:**

1 – Dying is something you do for you.

2 – You are the cause of your own death. This is always true, no matter where, or how, you die.

3 – You cannot die against your will.

4 – No path back Home is better than any other path.

5 – Death is never a tragedy. It is always a gift.

6 – You and God are one. There is no separation between you.

7 – Death does not exist.

8 – You cannot change Ultimate Reality, but you can change your experience of it.

9 – It is the desire of All That Is to Know Itself in Its Own Experience. This is the reason for all of Life.

10 – Life is eternal.

11 – The timing and the circumstances of death are always perfect.

12 – The death of every person always serves the agenda of every other person who is aware of it. That is why they are

aware of it. Therefore, no death (and no life) is ever “wasted.” No one ever dies “in vain.”

13 – Birth and death are the same thing.

14 – You are continually in the act of creation, in life and in death.

15 – There is no such thing as the end of evolution.

16 – Death is reversible.

17 – In death you will be greeted by all of your loved ones – those who have died before you and those who will die after you.

18 – Free Choice is the act of pure creation, the signature of God, and your gift, your glory, and your power forever and ever.

To understand all above wisdom please get the book and read it.

A moment of insight: Do not change others; only change yourself!

First of all, it is not the responsibility of any one person to change whole the world. The responsibility of every one person is to change herself/himself. This “changing oneself” will help as a catalyst for others to change themselves by themselves for themselves. To change whole the world may be impossible but to change oneself certainly is possible. Thus completely remove that burden you put on your shoulder to change whole the world because it is enough just to change yourself and thus set up an example on the ground of the real life for others. This does not mean to be selfish and not to care about others. You must keep giving others all what you learn in your journey of changing yourself. That is exactly what I am doing right now right here by dedicating my Facebook page to my spiritual journey sharing everything I learn in this wonderful holistic journey. Is this all? No. I have set up an affordable portion of my salary to buy those extraordinary life-changing transforming spiritual books that really completely changed me and my life and my vision and distribute them for free to random people I come across in my daily life. I try to do a little thing but in a great way. This sharing others is extremely important. Thus work on yourself and share what you learn with others as much as you can. Fill up yourself and when you are full, it will overflow to all others around you. You must then remember that the life is not about you but it is about others you touch their lives. This whole process starts with the self – building oneself from within. Once you are full from within, it will radiate and overflow to all others around you, to all others you touch their lives. Once you

are full within, it will radiate and overflow to outside. Like a cup when you fill it up with water, it then overflow to outside. Now, how can you build yourself from within? Your time with yourself, to be still and quite, to meditate and contemplate, to reflect, to see, to understand, and to get in touch with your inner self, with your feelings, with your soul. Feeling is the language of the soul. See what truly you want. Then, you must expand your awareness and consciousness through exposing yourself to others. For example, reading those extra-ordinary life-changing transforming books. You must make sure you meet needs of your body and treat your body as a temple. You must make sure you meet needs of your mind. You must make sure you meet needs of your soul. In this way you will be able to build yourself from within. Once you are strong and powerful within, you will be able to serve others. The process of building oneself from within and helping others to do the same is completely peaceful process and it has nothing to do with applying outside force such as violence & aggression because all what you will need is to have time with yourself, to be still and quite, to meditate and contemplate, to reflect, to see, to understand, and to get in touch with your inner self, with your feelings, with your soul, and to read to expand your consciousness and awareness, and peaceful loving interaction with others. This has nothing to do with violence & aggression.

God is Life, and Life is a process of change. Life is change; our body cells are completely new every few years at the least, our minds change with every new idea, new thought, new experience and new etc., everything within us and

outside of us constantly change. We are change. Therefore, there is no point in wanting things to remain the same, nothing remain the same, everything change, and nothing lasts forever. As a child, when I had some happy times in my life surrounded by my mother, my sisters and my brothers, I wholeheartedly wished the time to stop and that gathering to continue forever and that time to continue forever, but unfortunately it did not, we all grow up and within 2 decades everyone of us is in a different continent. I still cannot let go and I wish those times were permanent but unfortunately the law of Life is that nothing lasts forever, everything change, no pleasure lasts forever and no pain or suffering lasts forever even if lasted whole this life it will stop, change, transform, by death when we leave our bodies and reincarnate in another life form. That is why one of the main noble truths of The Buddha is that: "Everything is mortal, temporary, fleeting, or transient." Nothing is permanent in the physical realm. We human beings in some way or another convinced ourselves that we are body, mind and spirit, and that body and mind are temporary, transient, fleeting and mortal but the soul is eternal is permanent and is immortal, and that the soul takes one life form after another life form and this continues forever. This idea is indeed very calming, and very reassuring as it gives hope to us that we will live forever and that we are individuation of God, that we are eternal immortal permanent beings, that we are God individuated. This is indeed very comforting, very nice, very reassuring philosophy. Nowadays, we even have a more mature and more evolved, and more comforting philosophy of the modern contemporary time that is represented in

the writings of our wonderful and great spiritual teacher Neale Donald Walsch [messenger of God in our time] and some other wonderful great spiritual teachers like Eckhart Tolle, Deepak Chopra, Wayne Dyer, Marianne Williamson, Anita Moorjani, and many others. Their books and teachings constitute what is now called The New Spirituality. Many people are adopting this New Spirituality like myself. Any mental, psychological, social and spiritual change or evolution usually take long time and take many generations because people usually resist NEW ideas and want to stick to OLD ideas. People are too attached to their philosophies and their religions and their ways of life and they simply do not let them go. Therefore, we must be patient and let changes take their own natural courses.

Now, here is the big question: Why we must be patient?

The answer is: We must be patient for the following reasons:

1 – Over generations and centuries, people seem to be happy with what they have and got used to it like their religions, their customs, their cultures, their traditions, their etc. They will resist any change and they will fight for theirs. As an example, I have a friend and colleague, we graduated from same medical school in the same year, who became absolutely mad in early 1990s when he left his religion after he was introduced to strong evidences that proved not only his religion but also all other religions are man-made and that there is no God sitting on a throne in the sky and that there is absolutely nothing from heaven.

My friend and colleague became absolutely mad (frankly psychotic) admitted to a psychiatric hospital for 9 months. For 16 years he could not let go of his religion although he was not believing in it or any other religion at all. For 16 years he was unemployed doctor who could not do any job and was dysfunctional socially – unable to engage with people and socialize, unable to marry or engage in any relationship with women. For 16 years he was self-isolating and withdrawn and only surviving on the welfare system. The main reason that he became mad for 16 years was that he discovered his religion was false as well as all other religions and they were all man-made and there is nothing from the sky. After 16 years of madness when he finally let go of his religion and was happy to accept the situation he was able to recover, he got back to his job as a doctor and he is very good doctor, he married at age 42 and engages very well with his friends and community – very likable person indeed. Therefore, you must be patient with ideological changes as it means huge and dramatic changes not only mentally but also in absolutely every other aspects of life. People have organized whole their lives around their ideologies and religions and all of a sudden you want to tell them that all that is just a pack of lies which have no base in reality. What a massive change! What a massive trauma! People not only stick to their believes and resist any change but also they fight for them and destroy everything for their sake. Just see the unimaginable sectarian violence between the 2 sects of the same religion in Syria and Iraq as an example of each sect fighting for its believes. To sum up: people reject NEW ideas and they want to stick to their usual familiar OLD

ideas. They will fight and destroy everything (themselves and others) to keep their OLD ideas. That is why changes take generations and centuries.

2 – There are millions of reasons why people and things are the way they are. Thus to change people and things you first need to change those millions of reasons and millions of factors. Can you do that? Definitely, not. People only change when those millions of reasons and millions of factors have changed. Therefore, you need to be very patient for those millions of reasons and millions of factors to change first.

3 – You cannot decide what is better for anyone. Feeling happy is very subjective. What makes someone happy might make another one very sad. What is good for someone might be poison for another one. You have 7.3 billion different tastes on Earth. Thus, you cannot decide what is good for everyone and what is bad for everyone. You live in a very subjective world. Always there is huge individual and collective variation; what is cure for one person is a poison for another person; an action that is adorable and admirable by one community is considered as a punishable evil crime by another community. Therefore, only concentrate on yourself and choose for yourself and let others choose for themselves what make them happy. Only individuals can decide what make them happy and alright. Thus, respect freedom of choice for every individual. Thus, be gentle, soft, calm, peaceful and even unnoticed with what you are thinking, saying and doing so that you respect others and their way of life. Stick to

water–logic (all peaceful gentle means) and avoid rock–logic (violence & aggression). Be like water that gently diffuse into all parts of the sponge. Declare an evolution (not a revolution).

4 – Always be aware that in any society or culture, the vast majority of people are NOT extremist or fundamentalist but they are peaceful loving people who want to be left to live as they want. They want respect. Thus, give them the full respect and the full freedom to live as they want.

5 – Remember the “time factor”. Whole the world is different today from 1000 years ago and will also be different after 1000 years. Please, visualize & meditate on this in every aspect of life. Some people even think that the time can solve absolutely every problem by itself. Allowing the time to take its course is thus extremely important. I know how much this is important in my practice as a doctor. In my practice, I learned to allow the time to take its full course especially when I do not know what is wrong with my patient. After a while most of those problems disappear by themselves. My rule as a doctor is: “no hurry, no hurry, no hurry, let the time take its full course.” Time and patience are best healers.

6 – Remember: not everyone is aware or able to understand what religions did, are doing, and will continue to do in future to the humanity. It is enough to say that throughout human history till now, more people killed in the name of religions than any other cause. The vast majority of people are ignorant and they have closed their

eyes, closed their ears, numbed their senses, and blocked their minds, to all evidences that they face every minute in every day in their lives. Give people time to awake.

7 – Remember: not everyone is yet ready for ideas of the New Spirituality although the New Spirituality states that God is Love; God is Peace; God is Life; God is Freedom; God is All That Exists; God is in everyone and everything in the Cosmos and so everyone and everything in the Cosmos is sacred and divine; God is You, is Everyone, is Everything; God is peace, love, mercy, charity, respect & tolerance; God has no dogma or doctrine; God has no religion; God has no needs, demands, or commandments; God has no rules and regulations; God has nothing but total freedom. There is no Hell, no Satan, no judgment, no punishment, no condemnation, and no etc. Not everyone is able to understand and digest all above especially the vast majority of people do not read at all. Give people time to understand all above.

The 8 highest and wisest wisdom that I learned so far and I wish I was told since early childhood:

1 – Peace, total peace, for all, for everyone (including myself) and for everything in the Cosmos – no enemies at

all. We are all one. I am her/him and she/he is me. I see myself in everyone and everything; and I see everyone and everything in me. Now, I keep chanting "I Am Peace, total peace, inner peace and outer peace."

2 – Love, total love, for all, for everyone (including myself) and everything in the Cosmos – no hatred at all, no negativity at all. Now, I keep chanting "I Am Love, total love."

3 – Understanding, total understanding, of all, of everyone (including myself) and everything in the Cosmos – that there millions of reasons why someone or something is like that. Thus, I do not judge anyone or anything. Now, I keep chanting "I Am Understanding, total understanding."

4 – Acceptance, total acceptance, of all, of everyone (including myself) and everything in the Cosmos – accepting everyone and everything as they are after understanding that there are millions of reasons why someone or something is like that. Now, I keep chanting "I Am Acceptance, total acceptance."

5 – Openness, total openness, for all, for everyone (including myself) and everything in the Cosmos – opening my arms and embracing everyone and everything. Now, I keep chanting "I Am Openness, total openness."

6 – Relaxed, totally relaxed. Now, I keep chanting "Relax, Relax, Relax, I Am totally Relaxed," and I actually try to

always relax all parts of my body and my mind and my soul.

7 – There is God and that God is: Peace, Love, Mercy, Charity, Tolerance, Respect, Everyone and Everything, All That Exists, God is in everyone and God is in everything. God is this Mystery in the world. God is Energy, Intelligence, and Essence, in the whole Cosmos, in every creation, in everyone and in everything. God is Life.

8 – Religions, all religions (like all other philosophies), are man-made; they all are by-products of human minds, minds of our previous generations and ancestors who wanted to put systems (religions) for us to organize our lives around them. There is absolutely nothing from the sky. And there is NO such a super-being called different names sitting on the Throne in the Sky who has created a Hell to torture us eternally. All these are merely primitive by-products of human minds used fear to control humans.

Now, my daily mantra has become the following:

“I Am Peace, total peace, inner peace and outer peace.”

“I Am Love, total love.”

“I Am Understanding, total understanding.”

“I Am Acceptance, total acceptance.”

“I Am Openness, total openness.”

“Relax, Relax, Relax, I Am totally Relaxed.”

A moment of insight!

Of course, it is wonderful for a human being to have a mental construct (a mental idol) (a bundle of thoughts and beliefs) for example a religion to organize their life around it and to get meanings from it, to make her/him happy, content, optimistic and hopeful, to keep her/him sane and to have wonderful attitudes to life and all others in the Universe.

It is so beautiful and constructive when human beings have rituals that structure their daily life like worship, prayer, meditation, fasting, etc. And it is even more beautiful when many like-minded gather in these worship places and they worship together. All this is so beautiful and constructive and sane.

But what is the problem?

The problem when each says I am right and all others are wrong. When they compete with each other, when they hate each other, when they create barriers among themselves because of those beliefs, when they fight each

other – even sects of the same belief do all these to each other. That is why we always have such a world full of hatred, violence and aggression, full of killing and wars. This is the problem. That is why more people have been killed in the name of religions than because of any other cause. This is the problem – do you understand? This is the problem.

People choose different kinds of beliefs depending on their environment and culture, and depending on their intellectual level. Even individuals of the same belief understand it very differently.

Unlimited respect for all without any exception as long as they stick to the principle of: Peace, Love, Mercy, Charity, Respect and Tolerance for everyone and everything in the Cosmos. This is what I am saying all the time. I am not against any belief. I am not fighting any belief system. 2500 years ago, the Buddha said: you can say I have a belief and it is “a” best belief but you cannot say it is “the” best belief.

Be happy with what you have and at the same time respect all others. This is the bottom line.

What I have learned so far?

After 50 years of my life and my spiritual journey, I have learned and concluded the following:

1 – You are not better than anyone else because everyone is unique.

2 – Your belief system is not better than any other belief system because each belief system is unique.

3 – All comparing and all contrasting are totally wrong and unfair.

Thus, be who you are and respect all others.

Thus, be happy with your belief system and respect all other belief systems.

All “true spiritual people” realize the above. It took me 50 years to realize the above. Thanks Universe. Thanks Cosmos.

Unfortunately, all “merely religious people” cannot accept the above because they think they are better than all others and that their belief system is the only right true one and

all other belief systems are wrong and evil and so they wrongly conclude that their belief system is better than other belief systems. Personally, I was in this trap for at least 50 years and only now at age 50 I gained the above true insight that [I am not better than anyone else, each just unique] [my belief system is not better than any other belief system, each just unique].

Thanks you.

See All Paths

See all paths. Understand that all paths lead to the mountaintop.

People of different paths must not compete with each other, must not fight each others.

Every path is unique and special.

People must be free to choose the path they want.

No path is better than another path.

All paths must stick to the principle of: Peace, Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Cosmos.

On Facebook I saw this quote:

“Never base a decision on the advice of those who do not have to deal with the consequences.”

I commented:

“Very true. For example, those who advertised for violent revolutions and wars themselves never got killed or injured, or made homeless or suffered consequences of wars and violence and aggression. Only innocent and ordinary people paid the price and suffered all sorts of consequences. Only innocent and ordinary people got killed, injured, became disabled, became homeless refugees all over the world, and suffered all consequences of wars, violence and aggression. This description is from my own personal experience and witness.”

On Facebook I saw a quote by Jim Carrey:

“I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it’s not the answer.”

I commented on it:

“Personally, there is absolutely nothing that fulfill me long term except those times of solitude and meditation, silence & spiritual practices whether alone or even more joyful when with others, and gratitude to the whole Cosmos that given me everything essential that I need.”

No Substitute to Wide Reading!

Many great spiritual teachers say: “All answers lies within oneself and that we all know everything already – we just need to remember, we just need to quite our voice of our minds and let our hearts and souls to talk and thus we listen to the inner voice.” Certainly this is very true.

However, I still feel there is endless need for wide reading especially life-changing really transforming books of those

very wise, very educated, very experienced, and very enlightened people. Only when we do this, then we will realize how much we know and how much we do not know.

Please, please, please, no matter how much you think you are clever and wise, read books of others.

And, that is why, I have dedicated my life to recommend and distribute (for free) those life-changing really transforming books that I came across throughout my life. You can find the list of these books in the beginning and end of this book and in my Facebook group page: Free Books in the UK.

There is no substitute to wide reading.

My very simple and very basic message!

First of all, I see myself one with All That Exists, one with the Cosmos. I do not feel myself separate from anyone or anything in the Cosmos. I equally love all that exists.

Thus, I feel so sad to see my fellow human beings in continuous wars and conflicts throughout human history till now and it is certainly will be the case in future unless

the human beings radically change their minds and stop looking at each other as “I” versus “You” and “Us” versus “Them” because such mentality only creates hatred and division, wars and conflicts, violence and aggression, among fellow human beings. The truth is that we are all One. I am you and you are me, we are them and they are us. We are all one. This is the truth.

People forget all artificial divisions that are created by their minds during illnesses (you will accept any doctor from anywhere or any nation to treat you when you are ill) and during sex (you will forget everything about your lover and you just concentrate on enjoying the wonderful love between the two of you).

I feel so sad to see people and nations in continuous conflicts for artificial goals that will not increase their happiness at all. True happiness comes from individuals and families and communities and nations having peace, love, mercy, charity, respect and tolerance under whichever country or government.

What I have understood so far from my life is that: Most people’s problems are personal problems and family problems. I realized that 99% of my problems were my personal problems and has nothing to do with my country, my culture or my government. Now, I have time to just concentrate on working on myself and deal with my problems. I also started to dedicate my life to help other individuals to deal with themselves and work on themselves through distributing those life changing

transforming books that helped me to them for free and recommending them to everyone else through the social media like Facebook.

I learned to stick to my only principle in life that is: peace, love, mercy, charity, respect and tolerance to all that exists in the cosmos.

I feel so sad when people believe in violence and aggression, wars and violent revolutions and violent uprisings, to change their circumstances and achieve their goals because they are wrong and destructive means and those destructive means create more sufferings and more problems in the first place. Rock logic (violence and aggression) is wrong. Water logic (all peaceful means) is the right way to achieve goals and improve lives.

We can only enjoy good life with great human rights and freedom and love and prosperity when we believe in peace and love, mercy and charity, respect and tolerance for all, for all that exists in the cosmos.

To create peace and love in your life: only think peace and love, only talk peace and love, and only act peace and love. Thinking, talking and acting are the 3 creation tools. Everything else is just useless superstitions and delusions and gets you nowhere.

Human beings, please, please, please: enough sufferings; enough rock language; enough violence & aggression; enough destruction.

Thank you. I said all what I want to say especially at these tragic times.

Reconciling with Religions!

To me, one truth is that: “What people call [God, Universe, Cosmos, Universal Intelligence, Source, One, Energy, Soul, Supreme Soul, etc. of various other names] truly exists” because all these names are merely pointers to the Mystery in the Cosmos, to the Mystery of the Existence, etc., and that Mystery will remain puzzling to human minds as each era gives its pointers to this Mystery and its explanations about this Mystery.

Throughout human history, one of the pointers to this Mystery is what is called “Religion.” No wonder that there were, there are, and there always will be thousands of Religions all over the world.

Another truth that you really need to know is that: “All philosophies and this include absolutely all Religions are merely by-products of human minds, are man-made, and there is absolutely nothing from the Sky.” If you search like me for 50 years and like me study history and origin of

Religions and like me practice different religions, you will reach this same conclusion that I have reached.

A further truth is that: “Religions can be the source of so much happiness, so much joy, so much contentment, so much satisfaction and above all so much personal & collective transformation.” Trust me, there is no magic like Religion – I know this from my own personal experience for 25 years when I was strictly religious.

However, one more truth about Religions that you must know is that: “More human beings have been killed, persecuted, oppressed, repressed, suffered, and deprived in the name of Religions than any other cause.” This is true throughout human history till now and this will remain the case unless 2 things happen and they are:

A – All religious people must stop inter-religions and inter-sects: competition, hatred, violence & aggression, conflicts & wars.

B – All religions must continuously reform and reform.

Only one thing can change and save the world and that is: if all religious and non-religious people stick to this single principle in life and that is: “peace, love, mercy, charity, respect & tolerance for all that exists without any exception and without any discrimination.”

This is enough to be said for working minds.

Never act as God.

Never feel or act as powerful & strong over other creatures, especially your fellow human beings.

Remember, that no matter how much power and authority you gain or inherent over others, there is One who is much more powerful than you who could easily eradicate you completely. That One is God.

For example, look where are those who one day had so much power and authority over others. Absolutely all of them have gone without even their names being mentioned nowadays and totally forgotten from the memory of the history.

Avoid even being arrogantly self-confident.

Be humble & simple at all times. Only when we see ourselves within the bigger picture, we can realise how much we are small and insignificant.

Thus, never feel or act as powerful & strong over other creatures, especially your fellow human beings.

Be humble & simple at all times.

Strategic Code of Conduct & Strategic Principle in Life

Make your only “strategic code of conduct” the following:

**“Wherever you are, just build.
Wherever you are, just serve others.
Wherever you are, no harm.”**

Remember: Your life is not about you but about how many other lives you touch.

Make your only “strategic principle in life” the following:

“Peace, Love, Mercy, Charity, Respect & Tolerance for everyone and everything in the Universe without any exception and without any discrimination.”

Remember: We all are one. We all are just energy. We all are the ocean, each one of us is a drop of the ocean, but this drop is exactly like the whole ocean, and collectively these drops make up the ocean. We all are one. I am you and you are me. I am she and she is me. I am he and he is me. I am it and it is me.

Searching & Looking Inside or Outside!

A man lost his keys in the darkness of inside his home but he went outside his home to the street where there is street light to search for his keys there.

Do you think he will find his keys on the street?

Do you think this man who is searching for his keys on the street is sane or insane?

According to the common sense this man will only find his keys if he search inside his home where he lost them. Thus, his search outside his home on the streets is insane. He lost his keys inside his home and he can only find them if he search inside his home. Hence, searching outside is useless and insane even if the outside has all lights of the world. He will never find his keys outside his home.

This man can bring some light into the darkness of inside his home and then he will easily find his keys there where he lost them in. This is just simple common sense, isn't it?

Unfortunately, the example of this man, who lost his keys in the darkness of inside his home but he is searching for them outside on the lights of street, is just the example of the vast majority of human beings on this planet. The vast majority of human beings who instead of looking inside themselves for answers and solutions to their problems and instead of seeking to build themselves from within for true inner peace, joy, happiness, fulfillment, contentment, satisfaction, etc., they constantly look outside themselves for answers and solutions to their problems and they constantly seek outside themselves for scraps of pleasures that can only give them short fleeting transient temporary moments of pleasures. Sadly, this is the example of the vast majority of human beings.

That is why, they will never find true answers, true solutions, true inner peace, joy, happiness, fulfillment, contentment, satisfaction, etc., that is ever lasting and available at all times without the need for outside things or others.

The only true solution and the only sane solution is to turn your eyes towards within, towards inside of yourself.

Stop, immediately stop looking outside of yourself; stop looking at others to solve your problems; and stop searching for things outside yourself and stop seeking from others to give you your true inner peace, joy, happiness, fulfillment, contentment, satisfaction, etc., that is ever lasting and available at all times inside yourself.

You will never find what you really want from outside yourself; you will always find what you want and need by looking inside yourself. Thus, start looking within – the source of everything. It is within yourself that you will find everything you want and need; it is within yourself that lies all answers and solutions; it is within yourself that you will find true inner peace, joy, happiness, fulfillment, contentment, satisfaction, etc., that is ever lasting and available at all times.

You lost your keys inside and thus look within, look inside yourself, and you will find them. Just concentrate on building your body, your mind and your spirit. Just work on yourself. Just “be the change that you want to see in the world” as Mahatma Gandhi said.

Search and look inside yourself; search and look within yourself.

Stop looking outside; stop searching outside; stop seeking things and others.

The Mind is like a Parachute!

The mind is like a parachute; it only works when it is open and flexible, accepting new ideas and new informations.

The mind only leads to disasters and fatalities and sufferings when it remains closed just like a parachute when it does not open in the sky and leads to immediate fatality upon dropping down.

Thus, keep your mind open and flexible to new ideas and new informations.

Keep the mind (the parachute) open and flexible.

Notes from:

[How to Win Friends and Influence People] by Dale Carnegie

Part One: Fundamental Techniques in Handling People:

Principle 1: Don't criticise, condemn or complain.

Principle 2: Give honest and sincere appreciation.

Principle 3: Arouse in the other person an eager want.

Part Two: Six Ways to Make People Like You:

Principle 1: Become genuinely interested in other people.

Principle 2: Smile.

Principle 3: Remember that a person's name is to that person the sweetest and most important sound in any language.

Principle 4: Be a good listener. Encourage others to talk about themselves.

Principle 5: Talk in terms of the other person's interests.

Principle 6: Make the other person feel important – and do it sincerely.

Part Three: Win People to Your Way of Thinking:

Principle 1: The only way to get the best of an argument is to avoid it.

Principle 2: Show respect for the other person's opinions. Never say, "You're wrong."

Principle 3: If you are wrong, admit it quickly and emphatically.

Principle 4: Begin in a friendly way.

Principle 5: Get the other person saying "yes, yes" immediately.

Principle 6: Let the other person do a great deal of talking.

Principle 7: Let the other person feel that the idea is his or hers.

Principle 8: Try honestly to see things from the other

person's point of view.

Principle 9: Be sympathetic with the other person's ideas and desires.

Principle 10: Appeal to the nobler motives.

Principle 11: Dramatise your ideas.

Principle 12: Throw down a challenge.

Part Four: Be a Leader:

A leader's job often includes changing your people's attitudes and behaviour. Some suggestions to accomplish this:

Principle 1: Begin with praise and honest appreciation.

Principle 2: Call attention to people's mistakes indirectly.

Principle 3: Talk about your own mistakes before criticising the other person.

Principle 4: Ask questions instead of giving direct orders.

Principle 5: Let the other person save face.

Principle 6: Praise the slightest improvement and praise every improvement. Be "heartily in your approbation and lavish in your praise."

Principle 7: Give the other person a fine reputation to live up to.

Principle 8: Use encouragement. Make the fault seem easy to correct.

Principle 9: Make the other person happy about doing the thing you suggest.

The above are just notes from the book; seems simple, easy and straightforward but, please, get the book and read it again and again. You will find extra-ordinary explanations and wonderful stories and examples.

Notes from:

[How to Stop Worrying and Start Living] by Dale Carnegie

Part One: Fundamental Facts You Should Know About Worry:

Rule 1: If you want to avoid worry, do what Sir William Osler did: Live in “day-tight compartment.” Don’t stew about the future. Just live each day until bedtime. [i.e., don’t live in the past and don’t live in the future; only live in the present moment, only live in the Now].

Rule 2: The next time Trouble – with a Capital T – backs you up in a corner, try the magic formula of Willis H. Carrier:

A – Ask yourself, “What is the worst that can possibly happen if I cannot solve my problem?”

B – Prepare yourself mentally to accept the worst – if

necessary.

C – Then calmly try to improve upon the worst – which you have already mentally agreed to accept.

Rule 3: Remind yourself of the exorbitant price you can pay for worry in terms of your health. “Those who do not know how to fight worry die young.”

Part Two: Basic Techniques in Analysing Worry:

Rule 1: Get the facts. Remember that Dean Hawkes of Colombia University said that “half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge on which to base a decision.”

Rule 2: After carefully weighing all the facts, come to a decision.

Rule 3: Once a decision is carefully reached, act! Get busy carrying out your decision – and dismiss all anxiety about the outcome.

Rule 4: When you, or any of your associates, are tempted to worry about a problem, write out and answers the following questions:

A – What is the problem?

B – What is the cause of the problem?

C – What are all possible solutions?

D – What is the best solution?

Part Three: How to Break the Worry Habit Before it Breaks You?

Rule 1: Crowd worry out of your mind by keeping busy. Plenty of action is one of the best therapies ever devised for curing “wibber gibbers.”

Rule 2: Don’t fuss about trifles. Don’t permit little things – the mere termites of life – to ruin your happiness.

Rule 3: Use the law of averages to outlaw your worries. Ask yourself: “What are the odds against this thing’s happening at all?”

Rule 4: Co-operate with the inevitable. If you know a circumstance is beyond your power to change or revise, say to yourself: “It is so; it cannot be otherwise.”

Rule 5: Put a “stop-loss” order on your worries. Decide just how much anxiety a thing may be worth – and refuse to give it any more.

Rule 6: Let the past bury its dead. Don’t saw sawdust.

Part Four: Seven Ways to Cultivate a Mental Attitude That Will Bring You Peace and Happiness:

Rule 1: Let’s fill our minds with thoughts of peace, courage, health, and hope, for “our life is what our thoughts make it.”

Rule 2: Let’s never try to get even with our enemies, because if we do we will hurt ourselves far more than we hurt them. Let’s do as General Eisenhower does: let’s never waste a minute thinking about people we don’t like.

Rule 3:

A – Instead of worrying about ingratitude, let's expect it. Let's remember that Jesus healed ten lepers in one day – and only one thanked Him. Why should we expect more gratitude than Jesus got?

B – Let's remember that the only way to find happiness is not to expect gratitude – but to give for the joy of giving.

C – Let's remember that gratitude is a “cultivated” trait; so if we want our children to be grateful, we must train them to be grateful.

Rule 4: Count your blessings – not your troubles!

Rule 5: Let's not imitate others. Let's find ourselves and be ourselves, for “envy is ignorance” and “imitation is suicide.”

Rule 6: When fate hands us a lemon, let's try to make a lemonade.

Rule 7: Let's forget our own happiness – by trying to create a little happiness for others. “When you are good to others, you are best to yourself.”

Part Five: The Perfect Way to Conquer Worry

Part Six: How to Keep From Worrying About Criticism?

Rule 1: Unjust criticism is often a disguised compliment. It often means that you have aroused jealousy and envy.

Remember that no one ever kicks a dead dog.

Rule 2: Do the very best you can; and then put up your old

umbrella and keep the rain of criticism from running down the back of your neck.

Rule 3: Let's keep a record of the fool things we have done and criticise ourselves. Since we cannot hope to be perfect, let's do what E. H. Little did: let's ask for unbiased, helpful, constructive criticism.

Part Seven: Six Ways to Prevent Fatigue and Worry and Keep Your Energy and Spirit High:

Rule 1: Rest before you get tired.

Rule 2: Learn to relax at your work.

Rule 3: Learn to relax at home.

Rule 4: Apply these four good working habits:

A – Clear your desk of all papers except those relating to the immediate problem at hand.

B – Do things in the order of their importance.

C – When you face a problem, solve it then and there if you have the facts necessary to make a decision.

D – Learn to organize, deputize, and supervise.

Rule 5: To prevent worry and fatigue, put enthusiasm into your work.

Rule 6: Remember no one was ever killed by lack of sleep. It is worrying about insomnia that does the damage – not the insomnia.

Part Eight: How I Conquered Worry?

31 True Stories

The above are just notes from the book; seems simple, easy and straightforward but, please, get the book and read it again and again. You will find extra-ordinary explanations and wonderful stories and examples.

Now, let me talk as an objective psychiatrist:

How many problems do you have?

How many solution-steps do you need?

Do you have only street drugs problem?

Then you need a one-step-solution that is:

Step 1: to treat your street drugs problem.

Do you have street drugs problem and also alcohol problem?

Then you need a two-step-solution that is:

Step 1: to treat your street drugs problem

Step 2: and also then to treat your alcohol problem.

Do you have street drugs problem and also alcohol problem and also on top of all that a mental health problem?

Then you need a three-step-solution that is:

Step 1: to treat your street drugs problem

Step 2: and also to treat your alcohol problem

Step 3: and also to treat your mental health problem.

The more problems you have (like homelessness, loneliness, poverty, social isolation, extreme dogmas, etc.), the more solution-steps you will need.

This is what I tell my patients.

You cannot really think and feel alright in your body and mind and spirit until you are clean from street drugs problem and alcohol problem and any mental health problem especially those major ones like psychosis, mania, major depression, etc.

This is what I tell my patients.

Just an example, my homeland (Kurdistan) has many longstanding political crisis and economic crisis and lack of freedom because of religion and culture but despite all that the vast majority of people there have really good quality

life simply because they do not have street drugs problem and they do not have alcohol problem and even mental health problems are much less in compare to most rich and industrial countries of the world.

My homeland of over 5 million inhabitants has only 3 psychiatric wards – one ward in each major city. Here in the most rich and industrial countries each borough has its own big psychiatric hospital and massive community mental health teams and services.

The reason why my homeland in some ways is much better than the richest countries of the world is that they do not have street drugs problem or alcohol problem or so many mentally ill and they enjoy very strong family support network. When one become sick in a hospital, dozens visit her/him every day and they are happy to donate blood and etc. No loneliness. No social isolation. No extreme sufferings. No much worries or anxieties.

Now, do not misunderstand me.

I am not suggesting that the rich and industrial countries of the world to become like my homeland which I ran away from it 2 decades ago because I was very unhappy there and will never return back there.

But I am suggesting that the rich and industrial countries of the world and whole the world to:

Step 1: Transcend street drugs and alcohol and to get rid of both of them completely.

Step 2: Move towards the "New Spirituality" that Neale Donald Walsch, Eckhart Tolle, Deepack Chopra, Wayne Dyer, Anita Moorjani, and many other modern contemporary spiritual teachers are talking about since the last few decades. This is much better than both atheism and the outdated religion.

Absolutely all religions are not only outdated–expired–man–made–systems but also they are the cause of so much oppression, persecution, repression, suppression, sufferings, deprivation, divisions, hatred, violence & aggression, conflicts & wars, among fellow human beings throughout human history till now.

Throughout human history till now, more human beings have been killed in the name of religions than any other cause and this will remain the case unless we get rid of them completely and adopt something peaceful & inclusive like the "New Spirituality."

This is enough to be said.

Socrates Was One Of The Smartest People Who Ever Lived. Here Are 24 Of His Most Important Quotes That Everyone Needs To Read:

1. "The only true wisdom is in knowing you know nothing."
2. "The unexamined life is not worth living."
3. "There is only one good, knowledge, and one evil, ignorance."
4. "I cannot teach anybody anything. I can only make them think"
5. "Be kind, for everyone you meet is fighting a hard battle."
6. "Strong minds discuss ideas, average minds discuss events, weak minds discuss people."
7. "By all means marry; if you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher."
8. "He who is not contented with what he has, would not be contented with what he would like to have."
9. "If you don't get what you want, you suffer; if you get what you don't want, you suffer; even when you get exactly what you want, you still suffer because you can't hold on to it forever. Your mind is your predicament. It wants to be free of change. Free of pain, free of the obligations of life and death. But change is law and no amount of pretending will alter that reality."

10. "Sometimes you put walls up not to keep people out, but to see who cares enough to break them down."
11. "Wonder is the beginning of wisdom."
12. "To find yourself, think for yourself."
13. "Education is the kindling of a flame, not the filling of a vessel."
14. "Know thyself."
15. "Let him who would move the world first move himself."
16. "The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less."
17. "The secret of change is to focus all of your energy, not on fighting the old, but on building the new."
18. "I am not an Athenian or a Greek, but a citizen of the world."
19. "Prefer knowledge to wealth, for the one is transitory, the other perpetual."
20. "understanding a question is half an answer"

21. "True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us"

22. "He is richest who is content with the least, for content is the wealth of nature."

23. "To be is to do"

24. "The mind is everything; what you think you become"

What our mission is?

What our mission is not?

Let us make things very crystal clear from the beginning.

Our mission IS NOT to fight ignorance, reductionism and darkness.

Our mission IS NOT to create more pain & sufferings and wasting energy & time & resources in fighting old outdated expired useless systems.

Our mission IS to peacefully harmlessly bring in knowledge, wisdom, holistic view and light.

Our mission IS to create maximum happiness & pleasure & joy & satisfaction & contentment, by creating new up-to-date useful holistic systems.

There must be many and countless systems. There must not be only one system. Each human being must be allowed and must be capable of creating her/his own up-to-date holistic useful joyful system.

Those old outdated expired reductionist systems were and still are our own creation, reflecting our own individual and collective level of awareness (of consciousness). Thus, we just need to peacefully harmlessly leave those systems behind – no one must get hurt in whole this process and there must never be pain and sufferings.

Simply, this whole process consists of one thing only and that is each individual must look and move inward inside herself/himself and do whole the work inside oneself. There is nothing to do with the outside of oneself. The whole humanity must learn just this. This is the only thing missing. This is the only reason why we have the technology of 21st century but unfortunately at the same time we have the mentality of thousands years ago. This disparity is our sole problem.

All what each individual need to do is look and move inside oneself, know the self, through meditating, reflecting,

contemplating, doing the inner work of cleansing oneself from hatred, negativity, violence & aggression, etc., and building their body-mind-soul by continuous daily meditation, reflecting, contemplating and acquiring knowledge & wisdom through wide range reading and all other means. All this is peaceful harmless work totally involving oneself and has nothing to do with others. However, when you become a light, your light automatically spread all around you. When an insect moves its wings in the north pole its effect is felt in the south pole.

So whole the work is an inside inner work and this must be clear to everyone.

And we are just doing that by setting up an example of this and we only help others by giving them a free book or informing them of a useful free video / audio on YouTube and we use the free Facebook to do this and we leave them there to do their inner work. Whole this process is free. It does not cost a penny. And this is what everyone needs to do. This is the free evolution or some might want to call it free peaceful harmless revolution.

This is enough to be said.

Our biggest mistake ever!

We all are students in life because everyone and everything in the Universe teach us something and we continuously learn from others, even animals and plants teach us lessons in life. For example, we learn from dogs the unconditional love and compassion and we learn from bees and ants the cooperation and harmony and so on. Trees teach us stillness. Water teaches us soft gentle power. We human beings actively and passively learn from each other's experiences, knowledge and wisdom. Hence, we are permanent students in life.

In life we all are teachers and students at the same time.

The biggest mistake ever anyone can commit is that to forget being a student in life, student of absolutely everyone and everything. This is the biggest mistake ever.

Our biggest mistake is that when we think we know everything and stop learning more. Our biggest mistake is that when we think we know a lot and stop learning more. No matter how much you might know, it is still like a drop from oceans.

Our biggest mistake is that when we close our eyes, when we close our ears, when we close our minds, when we close our hearts, and when we do not listen to our intuition (the voice of God).

Our biggest mistake is that when we stop looking outward and so we do not learn from countless lessons outside there in life.

Our biggest mistake is that when we stop looking inward, when we stop being silent, when we stop listening to our hearts, when we stop listening to our intuition (the voice of God), when we stop meditating, when we stop contemplating and when we stop reflecting.

Our biggest mistake is that when we allow the constant noise of our minds to control us, when we allow the noise of our minds to dominate our hearts and souls.

Our biggest mistake is that when we allow our fear to dominate our love.

All above biggest mistakes only happen when we stop being students of everyone and everything in life. This is the biggest mistake ever.

Thus, be teacher but also at the same time remain student forever.

I have changed my Goal in Life!

On Sunday night 4/3/2018, I did not sleep at all, I contemplated, reflected and meditated all night, the result is that I changed my Goal in Life.

My Old Goal in Life was: “to change the world – of course, as much as possible by a little person like me and as much as I can in my little way.”

My New Goal in Life is: “Not to change the world – because this is too big goal and too much to achieve, but to positively touch as many lives as I can from now till I die – this is very possible goal and easy to achieve goal and I am already doing it in various ways, for example, smiling, kissing, hugging, giving transforming advice, giving life-changing transforming enlightening book, etc.”

What a big relief is this change of goal. Thanks Universe.

Transcend above & beyond conflicts & wars

Be pure Peace & Love

Transcend above & beyond personal (ego) conflicts & wars.

Transcend above & beyond family conflicts & wars.

Transcend above & beyond tribal conflicts & wars.

Transcend above & beyond national conflicts & wars.

Transcend above & beyond international conflicts & wars.

Transcend above & beyond religious and sectarian conflicts & wars.

Transcend above & beyond ethnic conflicts & wars.

Transcend above & beyond racial conflicts & wars.

Transcend above & beyond gender conflicts & wars.

Transcend above & beyond class conflicts & wars.

Transcend above & beyond all hatred, barriers and divisions caused by all above conflicts and wars.

Be Peace, Love, Mercy, Charity, Respect & Tolerance for all that exists without any discrimination or prejudice.

Be pure Peace & Love for everyone and everything.

Be Pure Divine and know that everyone and everything in the Cosmos is Divine, is Sacred.

23 Most Inspiring Quotes From Stephen Hawking That Sum The Divine Wisdom Of His Life's Work

1. "The human failing I would most like to correct is aggression."
2. "The whole history of science has been the gradual realization that events do not happen in an arbitrary manner, but that they reflect a certain underlying order, which may or may not be divinely inspired."
3. "We are all now connected by the Internet, like neurons in a giant brain."
4. "My expectations were reduced to zero when I was 21. Everything since then has been a bonus."
5. "Intelligence is the ability to adapt to change".
6. "Although I cannot move and I have to speak through a computer, in my mind I am free."
7. "We are just an advanced breed of monkeys on a minor planet of a very average star. But we can understand the Universe. That makes us something very special".

8. "Life would be tragic if it weren't funny".

9. "However difficult life may seem, there is always something you can do and succeed at".

10. "I think computer viruses should count as life... I think it says something about human nature that the only form of life we have created so far is purely destructive. We've created life in our own image".

11. "My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit, as well as physically".

12. "One of the basic rules of the universe is that nothing is perfect. Perfection simply doesn't exist... Without imperfection, neither you nor I would exist"

13. "The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge."

14. "It is no good getting furious if you get stuck. What I do is keep thinking about the problem but work on something else. Sometimes it is years before I see the way forward. In the case of information loss and black holes, it was 29 years".

15. "I have noticed that even people who claim everything is predetermined and that we can do nothing to change it, look before they cross the road".

16. "Quiet People have the loudest minds".

17. "We are all different, but we share the same human spirit. Perhaps it's human nature that we adapt and survive".

18. "I am just a child who has never grown up. I still keep asking these 'how' and 'why' questions. Occasionally, I find an answer".

19. "One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose, and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away".

20. "Keeping an active mind has been vital to my survival, as has been maintaining a sense of humor".

21. "The thing about smart people is that they seem like crazy people to dumb people".

22. "Some people would claim that things like love, joy, and beauty belong to a different category from science and can't be described in scientific terms, but I think they can now be explained by the theory of evolution".

23. "It is a waste of time to be angry about my disability. One has to get on with life and I haven't done badly. People

won't have time for you if you are always angry or complaining".

The 3 problems of human beings: (1) seeking immortality, (2) seeking specialness, and (3) creating barriers to enjoying life.

The First Problem:

So far as we know, the formless manifest itself in various forms. All forms just be and enjoy just being and enjoy just doing service to others. Also, as we know, all forms are temporary, transient, fleeting, mortal – nothing lasts forever. Whole human history is just like blinking eye in the age of the universe. All forms just enjoy being and doing service to others and move on to change form and it is only what is called the formless, the source, the spirit, the soul, the God, the consciousness, or call it whatever you want to call, is permanent, eternal, immortal and enjoy playing the game of life through manifesting itself in various forms, all various forms, all various creations.

We all know that: for example, no tree seeks immortality and no tree seeks to be more special than any other trees or any other life forms. "Seeking immortality and

specialness,” is the only problem that you see among human beings. And this is the only problem that exists in the universe and it is the root cause and it is the source of all other problems and all sufferings.

The human beings forget that they are one with the universe. They are just forms manifested from the formless. The human beings see themselves separate from all other components of the universe and separate from the formless (the source). Thus, when they change the form from one life form to another life form, they think they die. And this is not the case at all. It is just the play of life that we endlessly play in life by changing life forms. I am human in this life, then I die but just to give rise to millions of other life forms like thousands of worms, thousands of flowers and trees, etc., and my essence – my soul, my spirit, my consciousness, the God within me, or call it whatever you want to call, remains eternal, permanent, immortal. Now, it is big relief for human beings to have this understanding about themselves and about the universe and stop seeing themselves mortal separate creatures from the rest of the universe (from both the form and the formless).

The Second Problem:

Seeking specialness or uniqueness is the only problem that exists among human beings as I described in my example above that no tree think or seek to be more special than another tree or even another life form. Every tree just exists and just be of service to all other life forms. This

“better-ness,” “more-clever-ness,” “specialness,” or “uniqueness,” problem is unique problem only exists among human beings because they have minds that constantly compare, contrast and judge. Human beings constantly try to show others and to prove to others that they are so unique and so special individuals and they want to record this in books and in memory of others forgetting that even those books and those memories are also transient, temporary, fleeting and mortal. And forgetting the facts that specialness and uniqueness and universal similarities are inherent in every form in the universe. We all superficially are special and unique but at the same time we all are exactly similar at deep level. You need to meditate on this for long time to understand its deep meaning.

If human beings just relax and stop trying to show others and stop trying to prove to others how special and unique they are and stop sacrificing everything for this purpose, and if human beings just become content and happy about who they are without constantly comparing, contrasting and judging, and if human being just do service to all others at their best capabilities, then there will be no problems, no competition, no pain and no suffering at all.

The Third Problem:

The other root cause of humans pain and suffering is that they do not get pleasures of life that they are constantly dreaming about and seeking them by every possible mean (covertly and overtly). All life forms just live and enjoy life

except this human being who has created so many dogmas & philosophies, and so many rule & regulations, that create so many barriers in front of them to get what they constantly dream about. Human beings must know that those dogmas & philosophies, those rule & regulations, are merely byproducts of their own minds. They must know that their minds is their only problem.

This is enough to be said.

Some of the books that transformed me and changed whole my life & vision are:

- Eckhart Tolle books [The Power of Now, Practicing the Power of Now, A New Earth, Stillness Speaks, Guardians of Being]. These are really extra-ordinary life-changing transforming books that can set anyone on that wonderful holistic joyful happy life-long journey. “The Power of Now” is now available as full audiobook for free on YouTube.
- Dr Wayne Dyer’s books and his free audios on YouTube and his extra-ordinary film which is free on YouTube under the title [The Shift]. Wow, please, watch this extra-ordinary film which is free on YouTube. Let this be the

first thing you do after receiving this leaflet. Wow this film summarizes thousands of books. Here is the link: <https://www.youtube.com/watch?v=yfT8Ts6wPFs> or just search on YouTube using the the words [The Shift film by Wayne Dyer].

- [Homeless to Harvard] a very inspiring film which is free on YouTube. Wow how inspiring is this film which is free on YouTube. Let this be the second thing to do after receiving this leaflet – the first thing to do is watching THE SHIFT film by Dr Wayne Dyer. Here is the link: <https://www.youtube.com/watch?v=pGe3u5rLGQc&t=276s> or just search on you tube using the words [Homeless to Harvard].
- An animation 2 minutes film under the title [Starfish Story] free to watch on YouTube. Very inspiring and insightful 2 minutes story that summarizes thousands of books. You must see this and act accordingly throughout you life. Here is the link: https://www.youtube.com/watch?v=L8_cOGuOIIA or just search on YouTube using the word [Starfish story].
- You must watch this super–inspirational free YouTube video “Carve Your Destiny” by Anubhav Srivastava and here is the link: <https://www.youtube.com/watch?v=PgVrCtOhqjo>
- [Ram Dass Here and Now] – so far over 125 episodes “free on YouTube and www.ramdass.org.” Wow, wow, wow, OMG what a transforming, life–changing, and

enlightening is this journey of this extra-ordinary Harvard Psychology Professor. After listening to even some of these episodes on YouTube I am absolutely changed 100%, I am absolutely transformed 100%. Wow, there is nothing like this, wow, wow, there is nothing like this, please, listen till the end, OMG. Here is the link:

<https://www.youtube.com/watch?v=W9I4SVWpfdM>

- [Dying to be Me] by Anita Moorjani. Wow what an extra-ordinary unique book about Anita's journey from Cancer, to Near Death Experience, to True Healing. If there is only one single book that you must read throughout your life it must be this book. If there is only one single book that deserves to exist in the whole the world throughout human history till now it must be this book. This is indeed life-changing transforming book. This is enough to be said. Wow this is a must read book.
- Neale Donald Walsch books especially [Conversation with God – book 1, book 2, book 3 & book 4, The New Revelations, Conversation with Humanity – part 1, part 2, Friendship with God, Communion with God, Conversations with God for Teens, Conversations with God for Parents, Tomorrow's God, What God Said, God's Message to the World, Home with God, What God Wants, Holistic Living, Bringers of the Light, Re-Creating Your Self, etc.] Wow what life-changing transforming books these are. They really introduce you to completely new ways of thinking, completely new thoughts. These books are full of wisdom and knowledge and creative new thoughts about every aspect of life including philosophy.

These are absolutely unique and transforming books. After reading these books, I am 100% different, 100% more wise, 100% more mature, 100% more creative, 100% new, 100% more free in every aspect of life. Please, note: these books are about the New Spirituality. These are of the main books of the New Spirituality Movement, the New Thought.

- Rhonda Byrne books especially [The Secret]. Wow what a transforming book is this. Really written in wonderful simple easy to read way. Made huge changes in me; 100% transforming book.
- [How to Stop Worrying and Start Living] and [How to Win Friends and Influence People] by Dale Carnegie. Although these books written many decades ago, they are still the best books ever written. Truly life-changing, transforming and enlightening books for every generation for ever. These books are worth many thousands of extra-ordinary life-changing, transforming, enlightening books. These books are indeed unique. These books are available as free full audiobooks on YouTube but, please, also get them as paper-books.
- [The Untethered Soul] and [The Surrender Experiment] by Michael A Singer. Wow these are absolutely extra-ordinary life-changing transforming books. I suggest you read these 2 books immediately after reading Eckhart Tolle books.

- [The Dark Side of the Light Chasers] by Debbie Ford. Wow what a transforming life-changing book is this. No matter whom you are and how much you are educated and enlightened, if you have not read this book, there is definitely something very serious is missing from you. Get this book quickly and read it again and again. To stop judging yourself and others, read this book. This is enough to be said.
- Ken Keyes, Jr. books especially [Handbook to Higher Consciousness, Taming Your Mind, etc.] Wow really extra-ordinarily unique books; extremely transformative and informative. To me, Ken is the father of all the modern contemporary spiritual teachers.
- [Tuesdays with Morrie: An Old Mn, a Young Man, and Life's Greatest Lesson] by Mitch Albom. This is indeed an extra-ordinary life-changing really transforming book that contains so much wisdom from a professor in sociology who had terminal illness and before he died he taught all that wisdom to his student the author of this book. That extra-ordinary conversation became this book. There is also a free film on YouTube.
- Steve Taylor books especially [The Fall]. Wow here you will know the history of humanity, the origin of human philosophy including the creation of religions and the rise of ego.
- Hermann Hesse book [Siddhartha]. Wow absolutely extra-ordinary short story. I was in trance like status for almost

2 weeks after reading it and I was never the same again. There is also full audiobook on YouTube but I found reading the book first is more effective.

- [An Angel Whispered] by Patricia Tashiro [ISBN 978-1-84694-428-4]. Wow what a nice book especially for beginners in their spiritual journey. It summarizes a lot of knowledge and wisdom.
- Deepak Chopra books. All available as free audiobooks on YouTube. Wow full of knowledge and wisdom. I started my spiritual journey with these free YouTube audiobooks. I now need to re-listen to them again. Dr Chopra is indeed extra-ordinary.
- Marianne Williamson's books and YouTube lectures, talks and interviews. Wow what a transforming life-changing modern contemporary spiritual teacher Marianne is.
- Gabrielle Bernstein books. Wow absolutely fantastic and inspirational books and the author has a great story (she is survival of drug addiction).
- [Super Soul Sunday] on Facebook page of: Oprah Winfrey. This is a wonderful interview program every Sunday with top and extra-ordinary individuals in the world.
- Many other authors and books. Free audiobooks, videos and talks of all above authors on YouTube and Facebook.

- My own book [A Psychiatrist's Spiritual Journey] which can be downloaded for free from my Facebook page: <https://www.facebook.com/groups/1264295930342242/>

My spiritual journey of 50 years started from Islam to Atheism to Christianity to the New Spirituality. This is my spiritual journey.

In this book I am sharing you what I have learned so far from my spiritual journey. Here, you will find lessons I learned, and unique books, materials and resources that transformed me completely. In addition to this, I have dedicated my Facebook page: Omar Murad to my this wonderful spiritual journey; thus, always watch for updates.

Please, read it, and if you find it useful, please, share it.

“Free Spiritual Books in UK” is a book club that buys only life-changing transforming spiritual books and distributes them (for free) to people without conditions and without

exceptions. This is to increase the spiritual awareness among people. Everyone welcome to donate (cash and cheques are not accepted – only direct transfers accepted) so that this project continue and expand. Barclays Community Account: “Free Spiritual Books in UK,” sort code: 20-90-74, account number: 33345289. Facebook page: <https://www.facebook.com/groups/1264295930342242/>

Please, expand and maintain such projects across the country especially at Tube, Train and Bus stations and other public places like creating free public bookshelves, donating books to them and also creating book clubs wherever and whenever possible. Indeed, a book changed whole my life and whole my vision. Yes indeed, YOU can make a difference, and change & touch lives. Please, donate and circulate all your books and do not keep any on shelves at home except those you really need to regularly read them. As a principle, please, avoid collecting things; get rid of anything you do not need anymore. Read books; educate yourself; work on yourself; get enlightened; spread the light.
